

1. Record Nr.	UNINA9910451642503321
Titolo	The pragmatic turn in philosophy [[electronic resource]] : contemporary engagements between analytic and continental thought / / edited by William Egginton and Mike Sandbothe
Pubbl/distr/stampa	Albany, : State University of New York Press, c2004
ISBN	0-7914-8513-7 1-4237-3922-1
Descrizione fisica	vi, 262 p
Altri autori (Persone)	EggintonWilliam <1969-> SandbotheMike <1961->
Disciplina	144/.3
Soggetti	Pragmatism - History - 21st century Pragmatism - History Philosophy - History - 21st century Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references (p. 249-256) and index.

2. Record Nr.	UNINA9910148927403321
Autore	Holland, Julie
Titolo	Moody Bitches: The Truth About the Drugs You're Taking, the Sleep You're Missing, the Sex You're Not Having and What's Really Making You Crazy.
Pubbl/distr/stampa	HarperCollins UK
ISBN	0-00-811854-X
Disciplina	152.4082
Lingua di pubblicazione	Inglese
Formato	Musica
Livello bibliografico	Monografia
Sommario/riassunto	<p>Overworked? Exhausted? Powering between career, family and friends and frazzled and libido-less as a result? No wonder you're moody! But as New York psychiatrist Julie Holland explains in her radical and eye-opening new book, the first step to overcoming the lows is to accept that being testy is in our nature - we were made to be Moody Bitches. Being a successful modern woman is hard, and for so many of us the constant flux in our hormones and the dip and dives our mood swings take makes it that much harder. For over 17 years, women have visited celebrated psychopharmacologist Dr Julie Holland looking for the miracle cure to eradicate these feelings. Now, in her illuminating and honest Moody Bitches, she details the invaluable advice she shares with her patients, revealing how suppressing our natural emotions is actually damaging. Instead she offers tried and tested alternatives to help keep the moods under control, making exhaustion and low sex-drive a thing of the past. From the meds you can trust to those you can't; from the foods you should be eating, the healthy behaviours you should be practising and the herbal remedies that actually work, Dr Julie imparts wisdom from years of not only professional but personal experience too. Simple yet revolutionary, Moody Bitches is the life-changing self-help book for women and those who love them.</p>