

1. Record Nr.	UNINA9910453279203321
Autore	Edinger Jack D
Titolo	Overcoming insomnia [[electronic resource] ] : a cognitive-behavioral therapy approach : workbook // Jack D. Edinger, Colleen E. Carney
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2008
ISBN	0-19-024217-5 1-281-86836-1 9786611868369 0-19-971081-3
Descrizione fisica	1 online resource (79 p.)
Collana	Treatments that work
Altri autori (Persone)	CarneyColleen
Disciplina	616.8 616.8/498 616.8498
Soggetti	Insomnia - Treatment Cognitive therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Contents; Chapter 1 Is This Book Right for Me?; Chapter 2 Sleep Education; Chapter 3 Improving Your Sleep; Chapter 4 Combating Unhelpful Thoughts; Chapter 5 Troubleshooting; Appendix: Forms and Worksheets
Sommario/riassunto	It is estimated that one in ten U.S. adults suffers from chronic insomnia. If left untreated, chronic insomnia reduces quality of life and increases risk for psychiatric and medical disease, especially depression and anxiety. There are two forms of insomnia: secondary insomnia, in which it is comorbid with another condition such as psychiatric disorders, chronic pain conditions, or cardiopulmonary disorders, and primary insomnia, which does not coexist with any other disorder, Though insomnia may be caused by any number of things, it is primarily sustained by the development of poor sleep habi

2. Record Nr.	UNINA9910299607003321
Autore	Kumar Sushant
Titolo	Clean Hydrogen Production Methods // by Sushant Kumar
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer , , 2015
ISBN	3-319-14087-6
Edizione	[1st ed. 2015.]
Descrizione fisica	1 online resource (75 p.)
Collana	SpringerBriefs in Energy , , 2191-5520
Disciplina	665.81
Soggetti	Chemical engineering Fossil fuels Energy systems Sustainable development Industrial Chemistry/Chemical Engineering Fossil Fuels (incl. Carbon Capture) Energy Systems Sustainable Development
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters.
Nota di contenuto	The Role of Hydrogen in the Energy Sector -- Sodium Hydroxide for Clean Hydrogen Production -- Modified Steam Methane Reformation Methods for Hydrogen Production -- Modified Coal-Gasification Process for Hydrogen Production.
Sommario/riassunto	This brief covers novel techniques for clean hydrogen production which primarily involve sodium hydroxide as an essential ingredient to the existing major hydrogen production technologies. Interestingly, sodium hydroxide plays different roles and can act as a catalyst, reactant, promoter or even a precursor. The inclusion of sodium hydroxide makes these processes both kinetically and thermodynamically favorable. In addition possibilities to produce cleaner hydrogen, in terms of carbon emissions, are described. Through modifications of steam methane reformation methods and coal-gasification processes, from fossil as well as non-fossil energy sources, the carbon dioxide emissions of these established ways to produce hydrogen can significantly be reduced. This brief is aimed at those who are interested

in expanding their knowledge on novel techniques and materials to produce clean hydrogen and capture carbon dioxide at a large-scale. The detailed thermodynamic analysis, experimental findings and critical analysis of such techniques are well discussed in this brief. Therefore, this book will be of great interest and use to students, engineers and researchers involved in developing the hydrogen economy as well as mitigating carbon dioxide emissions at a large-scale.

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