

1. Record Nr.	UNINA9910453460203321
Autore	Safren Steven
Titolo	Mastering Your Adult ADHD, Client Workbook [[electronic resource]] : A Cognitive-Behavioral Treatment Program
Pubbl/distr/stampa	Oxford, : Oxford University Press, 2005
ISBN	0-19-023036-3 0-19-972738-4
Descrizione fisica	1 online resource (118 p.)
Collana	Treatments That Work
Altri autori (Persone)	SprichSusan OttoMichael W
Disciplina	616.858906 616.85890651
Soggetti	Attention-deficit disorder in adults Cognitive therapy Medicine Health & Biological Sciences Neurology Electronic books.
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.
Nota di contenuto	Contents; Information About ADHD and This Treatment Program; Chapter 1: Introduction; Chapter 2: Overview of the Program; Chapter 3: Involvement of Your Family Member; Organization and Planning; Chapter 4: The Foundation: Organization and Planning Skills; Chapter 5: Organization of Multiple Tasks; Chapter 6: Problem-Solving and Managing Overwhelming Tasks; Chapter 7: Organizing Papers; Reducing Distractibility; Chapter 8: Gauging Your Attention Span and Distractibility Delay; Chapter 9: Modifying Your Environment; Adaptive Thinking; Chapter 10: Introduction to a Cognitive Model of ADHD Chapter 11: Adaptive ThinkingChapter 12: Rehearsal and Review of Adaptive Thinking Skills; Additional Skills; Chapter 13: Application to Procrastination; Chapter 14: Relapse Prevention; References; About the Authors
Sommario/riassunto	The intervention described in this client workbook contains all of the

necessary information for participating in a practical, tested, and effective cognitive-behavioral intervention for adults with ADHD and residual symptoms not full treated by medications alone.

2. Record Nr.	UNINA9910143311903321
Autore	Noy Edward A
Titolo	Building surveys and reports [[electronic resource] /] / Edward A. Noy
Pubbl/distr/stampa	Oxford ; ; Malden, MA, : Blackwell Pub., 2005
ISBN	1-280-74791-9 9786610747917 0-470-98452-X 0-470-75946-1 1-4051-7169-3
Edizione	[3rd ed.]
Descrizione fisica	1 online resource (434 p.)
Altri autori (Persone)	DouglasJames
Disciplina	690.21 690/.21
Soggetti	Building inspection Buildings - Defects Electronic books.
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 (p. [387]-411) and index.
Nota di contenuto	Building Surveys and Reports; Contents; Preface to Second Edition; Preface to Third Edition; Acknowledgements; 1 General Principles and Responsibilities; 1.1 What is a building survey?; 1.2 Housing quality initiatives; 1.3 The purpose of the survey; 1.4 Building condition assessment; 1.5 Surveyor's responsibilities; 1.6 Contracts and fees; 2 Procedure and Equipment; 2.1 Basic survey methodology; 2.2 Preliminary operations; 2.3 Property risks; 2.4 Equipment for measured drawing surveys; 2.5 Equipment for examining defects; 3 Measurement of Existing Buildings; 3.1 Preliminaries 3.2 Internal measuring 3.3 Roof space; 3.4 External measuring; 3.5 Levelling; 3.6 Plotting the survey; 4 Surveys of Historic Buildings; 4.1 General considerations; 4.2 Medieval churches; 4.3 Church towers; 4.4

Church bells and fittings; 4.5 Measured drawings; 5 Foundation Failures; 5.1 Introductory; 5.2 Causes of failure; 5.3 Differential movement; 5.4 Inadequate foundations; 5.5 Overloading; 5.6 Unequal settlement; 5.7 Effect of tree roots; 5.8 Shallow foundations; 5.9 Building on sloping sites; 5.10 Building on made up ground; 5.11 Diagnosis; 6 Defective Walls and Partitions Above Ground 6.1 Type of failure 6.2 Bulging and leaning walls; 6.3 Overloading; 6.4 Thermal and moisture movement; 6.5 Failure in arches and lintels; 6.6 Defective materials and chemical action; 6.7 Failure in bonding and defects at junctions; 6.8 Frost failure; 6.9 Cavity walls; 6.10 Built-in iron and steel members; 6.11 Tile and slate hanging and weatherboarding; 6.12 Partitions; 6.13 Assessment of cracks; 6.14 Natural stone masonry; 6.15 Sedimentary rocks; 6.16 Igneous rocks; 6.17 Metamorphic rocks; 6.18 Defects in stonework; 6.19 Cast stone; 6.20 Recording defects

7 Reinforced Concrete, Cladding Materials and Structural Steelwork REINFORCED CONCRETE; 7.1 Description; 7.2 Corrosion and cracking; 7.3 Aggregates; 7.4 High alumina cement; 7.5 Thermal expansion; 7.6 Frost damage; 7.7 Electrolytic action; 7.8 Lightweight aggregates; 7.9 Deflection; 7.10 Diagnosis; 7.11 Brick panel walls in RC frames; 7.12 No-fines concrete housing; 7.13 Autoclaved aerated concrete; CLADDING MATERIALS; 7.14 Description; 7.15 Cladding defects; 7.16 Joint problems; 7.17 Metallic fasteners; STRUCTURAL STEELWORK; 7.18 Description; 7.19 Diagnosis

8 Damp Penetration and Condensation 8.1 Description; 8.2 Damp courses; 8.3 Diagnosis; RISING DAMP FROM THE GROUND; 8.4 Solid walls with DPC absent or defective; 8.5 Stone walls in older buildings; 8.6 Basement walls and floors; 8.7 Heaped earth or paving against walls and bridging of rendering; 8.8 Internal partitions; 8.9 Rising damp in ground floors; 8.10 Rising damp in old timber framed buildings; PENETRATING DAMP THROUGH WALLS; 8.11 Locating damp penetration; 8.12 Parapet walls; 8.13 Cavity walls; EXTRANEIOUS CAUSES; 8.14 Leaks in plumbing systems; CONDENSATION; 8.15 Description

8.16 Causes

Sommario/riassunto

This book deals with structural surveys for all types of building - domestic industrial and commercial - and includes diagnosis of a wide range of defects. It considers both modern and older construction methods, and deals with the particular problems of alterations and restoration work. Guidance is given on how to carry out measured surveys and on report writing. The third edition covers the latest definitions of types of property surveys, more information on report writing and a range of detail updates. * Covers all types of building - commercial, industrial and historical - not just domes
