

1. Record Nr.	UNINA9910453885003321
Titolo	Advances in ABC relaxation [[electronic resource]] : applications and inventories / / Jonathan C. Smith, editor
Pubbl/distr/stampa	New York, NY, : Springer Pub., c2001
ISBN	1-281-80633-1 9786611806330 0-8261-1654-X
Descrizione fisica	1 online resource (319 p.)
Altri autori (Persone)	SmithJonathan C
Disciplina	155.9042
Soggetti	Relaxation Stress management 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. 217-221) and index.
Nota di contenuto	Contents; Preface; Contributors; List of Tables and Figures; Part I: Four Advances in the ABC Approach; Part II: Original Studies; References; Appendix A: Smith Relaxation Inventory Series; Appendix B: Tables; Index
Sommario/riassunto	This volume offers original studies on relaxation and stress management. Practitioners will find a wealth of specific, ready-to-use, evidence-based suggestions for incorporating relaxation techniques into their clinical work. Part I summarizes practical advances in the theory, research, and assessment of relaxation. Part II is an anthology of 25 studies on relaxation focusing on individual differences; stress, coping and relaxation; factor analyses and correlations; and practice techniques. An appendix offers a complete relaxation inventory of scales for those interested in developing their

2. Record Nr.	UNINA9910786749803321
Titolo	Globalization and the future of the welfare state // edited by Miguel Glatzer and Dietrich Rueschemeyer ; contributors Linda Cook [and ten others]
Pubbl/distr/stampa	Pittsburgh, Pennsylvania : , : University of Pittsburgh Press, , 2005 ©2005
ISBN	0-8229-7269-7
Descrizione fisica	1 online resource (289 p.)
Disciplina	361.6/1
Soggetti	Social policy Welfare state Globalization - Social aspects
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 and index.
Nota di contenuto	An introduction to the problem / Miguel Glatzer and Dietrich Rueschemeyer -- Globalization, democratization, and government spending in middle-income countries / Geoffrey Garrett and David Nickerson -- Economic internationalization and domestic compensation : northwestern Europe in comparative perspective / John D. Stephens -- Globalization and social policy developments in Latin America / Evelyne Huber -- Revisiting "embedded liberalism" : globalization and the welfare state in Spain and Portugal / Miguel Glatzer -- Globalization and the future of welfare states in post-communist east-central European countries / Mitchell A. Orenstein and Martine R. Haas -- Globalization and the politics of welfare state reform in Russia / Linda J. Cook -- Globalization and social policy in South Korea / Ho Keun Song and Kyung Zoon Hong -- Conclusion: Globalization and social welfare policy / Miguel Glatzer and Dietrich Rueschemeyer.