

1. Record Nr.	UNINA9910454068903321
Autore	Smith Jonathan C
Titolo	ABC relaxation theory [[electronic resource]] : an evidence-based approach / / Jonathan C. Smith
Pubbl/distr/stampa	New York, : Springer Pub., c1999
ISBN	1-281-80615-3 9786611806156 0-8261-1679-5
Descrizione fisica	1 online resource (233 p.)
Disciplina	613.7/9
Soggetti	Relaxation Psychology 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. 133-137) and index.
Nota di contenuto	Contents; List of Tables; List of Figures; Preface; A Parable for Arthur C. Clark; 1 The World of Relaxation; 2 The Physiology of Relaxation; 3 R-States; 4 How Are Relaxation Techniques Different?; 5 What Makes Relaxation Work?; 6 R-Attitudes, R-Beliefs, and Relaxation Philosophies; 7 The Wisdom of a Thousand Voices: Research Evidence; References; Appendix A: Development of Relaxation State Inventories; Appendix B: Development of Relaxation Beliefs Inventory; Appendix C: Smith Relaxation Inventory Series; Index
Sommario/riassunto	Relaxation is the world's most popular therapy--used by more psychologists, counselors, social workers, and rehabilitation specialists than any other tool. ABC Relaxation Theory offers a new treatment strategy by presenting and enhancing the effectiveness of current relaxation treatments into an approach tailored to each client. Based on the most ambitious scientific exploration of relaxation (20 studies and 5,000 subjects from all cultures and walks of life), Smith presents some of his groundbreaking findings, including the first demonstration and replication of differences among African Amer

2.	Record Nr.	UNISALENTO991004002319707536
	Autore	Jammes, Francis
	Titolo	"Le patriarche et son troupeau" : propos sur "La poésie", "Les airs du mois" / Francis Jammes
	Pubbl/distr/stampa	Paris : Mercure de France, 1948
	Descrizione fisica	284 p. ; 19 cm
	Disciplina	841.9
	Soggetti	Jammes, Francis Opere Jammes, Francis Opere
	Lingua di pubblicazione	Francese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
3.	Record Nr.	UNINA9910138905503321
	Titolo	Breast cancer : targets and therapy
	Pubbl/distr/stampa	Auckland, N.Z., : Dove Medical Press, ©2009-
	ISSN	1179-1314
	Disciplina	616.9944905
	Soggetti	Breast - Cancer Breast Neoplasms Breast Cancer Periodical Fulltext Internet Resources. Periodicals.
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Periodico
	Note generali	Refereed/Peer-reviewed

