

1. Record Nr.	UNINA9910455133003321
Autore	Bishop J. Michael <1936->
Titolo	How to win the Nobel Prize [[electronic resource]] : an unexpected life in science. // J. Michael Bishop
Pubbl/distr/stampa	Cambridge, MA ; ; London, : Harvard University Press, 2004
ISBN	0-674-02097-9
Edizione	[1st Harvard University Press pbk. ed.]
Descrizione fisica	xiii, 271 p. : ill
Collana	The Jerusalem-Harvard lectures
Disciplina	610.92
Soggetti	Medical scientists - United States Oncogenes Nobel Prizes 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 and index.
Nota di contenuto	Frontmatter -- Contents -- List of Illustrations -- Preface -- 1. The Phone Call -- 2. Accidental Scientist -- 3. People and Pestilence -- 4. Opening the Black Box of Cancer -- 5. Paradoxical Strife -- Notes -- Credits -- Index
Sommario/riassunto	In 1989 Michael Bishop and Harold Varmus were awarded the Nobel Prize for their discovery that normal genes under certain conditions can cause cancer. In this book, Bishop tells us how he and Varmus made their momentous discovery. More than a lively account of the making of a brilliant scientist, How to Win the Nobel Prize is also a broader narrative combining two major and intertwined strands of medical history: the long and ongoing struggles to control infectious diseases and to find and attack the causes of cancer. Alongside his own story, that of a youthful humanist evolving into an ambivalent medical student, an accidental microbiologist, and finally a world-class researcher, Bishop gives us a fast-paced and engrossing tale of the microbe hunters. It is a narrative enlivened by vivid anecdotes about our deadliest microbial enemies--the Black Death, cholera, syphilis, tuberculosis, malaria, smallpox, HIV--and by biographical sketches of the scientists who led the fight against these scourges. Bishop then provides an introduction for nonscientists to the molecular

underpinnings of cancer and concludes with an analysis of many of today's most important science-related controversies--ranging from stem cell research to the attack on evolution to scientific misconduct. How to Win the Nobel Prize affords us the pleasure of hearing about science from a brilliant practitioner who is a humanist at heart. Bishop's perspective will be valued by anyone interested in biomedical research and in the past, present, and future of the battle against cancer.

2. Record Nr.	UNISALENTO991001892809707536
Autore	Ippolito, Maria
Titolo	Aggiornare nella scuola / a cura di Maria Ippolito ; scritti di E. Becchi ... [et al.]
Pubbl/distr/stampa	Milano : F. Angeli, [1980]
Descrizione fisica	171 p. ; 22 cm
Collana	Scuola: progetto riforma ; 2
Altri autori (Persone)	Becchi, Egle
Disciplina	371.1
Soggetti	Insegnanti - Istruzione professionale Scuola - Riforma
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia

3. Record Nr.	UNINA9910975421803321
Autore	Bourne Edmund J
Titolo	The anxiety & phobia workbook // Edmund J. Bourne, PhD
Pubbl/distr/stampa	Oakland, Calif., : New Harbinger, 2020
ISBN	9781684034840 (ebook) 9781684034833 (pbk.)
Edizione	[Rev. & updated 7th ed.]
Descrizione fisica	1 online resource (514 pages)
Collana	New Harbinger self-help workbook
Disciplina	616.8522
Soggetti	Anxiety - Treatment Phobias - Treatment Panic disorders
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Introduction -- 1. Anxiety Disorders -- 2. Major Causes of Anxiety Disorders -- 3. Recovery: A Comprehensive Approach -- 4. Relaxation -- 5. Physical Exercise -- 6. Coping with Panic Attacks -- 7. Exposure for Phobias -- 8. Self-Talk -- 9. Mistaken Beliefs -- 10. Overcoming Worry -- 11. Personality Styles That Perpetuate Anxiety -- 12. Ten Common Specific Phobias -- 13. Dealing with Feelings -- 14. Being Assertive -- 15. Self-Esteem -- 16. Nutrition -- 17. Health Conditions That May Contribute to Anxiety -- 18. Medication for Anxiety -- 19. Meditation -- 20. Relapse Prevention -- 21. Personal Meaning -- Postscript: A Future of Increasing Anxiety -- Appendix 1. Helpful Organizations -- Appendix 2. Resources for Relaxation -- Appendix 3. How to Stop Obsessive Thoughts -- Appendix 4. Affirmations for Overcoming Anxiety -- How to Access Resources for The Anxiety & Phobia Workbook.
Sommario/riassunto	Celebrating 30 years as a classic in its field and recommended by therapists worldwide, The Anxiety and Phobia Workbook is an unparalleled, essential resource for people struggling with anxiety and phobias. Living with anxiety, panic disorders, or phobias can make you feel like you aren't in control of your life. Tackle the fears that hold you back with this go-to guide. Packed with the most effective skills for assessing and treating anxiety, this evidence-based workbook contains

the latest clinical research. You'll find an arsenal of tools for quieting worry, ending negative self-talk, and taking charge of your anxious thoughts, including: Relaxation and breathing techniques New research on exposure therapy for phobias Lifestyle, exercise, mindfulness and nutrition tips Written by a leading expert in cognitive behavioral therapy (CBT), this fully revised and updated seventh edition offers powerful, step-by-step treatment strategies for panic disorders, agoraphobia, generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), worry, and fear. You will also find new information on relapse prevention after successful treatment, and updates on medication, cannabis derivatives, ketamine, exposure, nutrition, spirituality, the latest research in neurobiology, and more. Whether you suffer from anxiety and phobias yourself, or are a professional working with this population, this book provides the latest treatment solutions for overcoming the fears that stand in the way of living a meaningful and happy life. This workbook can be used on its own or in conjunction with therapy.
