

1. Record Nr.	UNINA9910455792003321
Titolo	Animal care and management at the National zoo [[electronic resource]] : interim report // Committee on a Review of the Smithsonian Institution's National Zoological Park
Pubbl/distr/stampa	Washington, D.C., : National Academic Press, c2004
ISBN	0-309-53116-0
Descrizione fisica	1 online resource (129 p.)
Disciplina	590.7309753
Soggetti	Zoology 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	<p>""FRONT MATTER""; ""Contents""; ""EXECUTIVE SUMMARY""; ""1 INTRODUCTION AND BACKGROUND""; ""2 ANIMAL CARE AND MANAGEMENT""; ""3 RECORD KEEPING""; ""4 PEST MANAGEMENT""; ""5 MISSION AND STRATEGIC PLANNING""; ""REFERENCES""; ""NATIONAL ZOO DOCUMENTS""; ""APPENDIXES""; ""A a€? National Zoological Park General Memoranda""; ""B a€? Clinical Notes Summary Report MedARKS Medical Record for Grevya€?s Zebra a€œBuumbaa€?""; ""C a€? Clinical Notes Summary Report MedARKS Medical Record for Grevya€?s Zebra a€œBuumbaa€?""</p> <p>""D a€? Medical Record Report MedARKS Medical Record for Grevya€?s Zebra a€œBuumbaa€?""; ""E a€? Zoo Registrar a€? Job Description""; ""F a€? Public Meeting Agendas""; ""ABOUT THE AUTHORS""; ""BOARD ON AGRICULTURE AND""; ""INSTITUTE FOR LABORATORY ANIMAL RESEARCH""</p>

2. Record Nr.	UNINA9910451155303321
Autore	Wilhelm Sabine
Titolo	Feeling Good about the Way You Look [[electronic resource]] : A Program for Overcoming Body Image Problems
Pubbl/distr/stampa	New York, : Guilford Press, 2006
ISBN	1-281-12313-7 9786611123130 1-59385-516-8
Descrizione fisica	1 online resource (224 p.)
Disciplina	646.7
Soggetti	Body image Social Sciences 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 contenuto	CONTENTS; Preface; Acknowledgments; Chapter 1. For the Sake of Appearance; Chapter 2. "Why Do I Feel So Unattractive?"; Chapter 3. Thinking about Change; Chapter 4. Understanding Your Problems and Planning Solutions; Chapter 5. Managing Your Thoughts; Chapter 6. Getting Your Life Back with Exposure Exercises; Chapter 7. Freeing Yourself from Rituals with Response Prevention Exercises; Chapter 8. Getting at Your Core Beliefs; Chapter 9. Staying Well; Chapter 10. "Should I Take Medication?"; Chapter 11. Helping a Family Member or Friend with Body Image Concerns Appendix. The Relationship of BDD to Other DisordersResources; Index; About the Author
Sommario/riassunto	Aims to help men and women, with exaggerated concerns about their appearance, break free from the mirror and get their lives back on track. This work contains self-assessment tools and step-by-step guidelines that teach readers to overcome discouraging thoughts, curtail obsessive appearance rituals, and see themselves realistically.