

1. Record Nr.	UNINA9910464203803321
Autore	Garcia Mario T.
Titolo	The Chicano generation : testimonios of the movement / / Mario T. Garcia
Pubbl/distr/stampa	Oakland, California : , : University of California Press, , 2015 ©2015
ISBN	0-520-28602-2 0-520-96136-6
Descrizione fisica	1 online resource (346 p.)
Disciplina	305.868/72079494
Soggetti	Chicano movement - California - Los Angeles Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Front matter -- Contents -- Acknowledgments -- Introduction -- 1. Raul Ruiz -- 2. Gloria Arellanes -- 3. Rosalio Muñoz -- Epilogue -- Notes -- Index
Sommario/riassunto	In The Chicano Generation, veteran Chicano civil rights scholar Mario T. García provides a rare look inside the struggles of the 1960's and 1970's as they unfolded in Los Angeles. Based on in-depth interviews conducted with three key activists, this book illuminates the lives of Raul Ruiz, Gloria Arellanes, and Rosalio Muñoz-their family histories and widely divergent backgrounds; the events surrounding their growing consciousness as Chicanos; the sexism encountered by Arellanes; and the aftermath of their political histories. In his substantial introduction, García situates the Chicano movement in Los Angeles and contextualizes activism within the largest civil rights and empowerment struggle by Mexican Americans in US history-a struggle that featured César Chávez and the farm workers, the student movement highlighted by the 1968 LA school blowouts, the Chicano antiwar movement, the organization of La Raza Unida Party, the Chicana feminist movement, the organizing of undocumented workers, and the Chicano Renaissance. Weaving this revolution against a backdrop of historic Mexican American activism from the 1930's to the

1960's and the contemporary black power and black civil rights movements, García gives readers the best representations of the Chicano generation in Los Angeles.

2. Record Nr.

**Titolo**

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**Pubbl/distr/stampa**

Prescribing health : transcendental meditation in contemporary medical care / edited by David F. O'Connell and Deborah L. Bevvino

Lanham : , : Rowman & Littlefield, , [2015]

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**ISBN**

1-4422-2627-7

**Descrizione fisica**

1 online resource (315 p.)

**Disciplina**

158.1/28

**Soggetti**

Meditation - Health aspects

Meditation - Therapeutic use

Transcendental Meditation - Health aspects

Transcendental Meditation - Therapeutic use

**Lingua di pubblicazione**

Inglese

**Formato**

Materiale a stampa

**Livello bibliografico**

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**Note generali**

Description based upon print version of record.

**Nota di bibliografia**

Includes bibliographical references and index.

**Nota di contenuto**

The transcendental meditation technique (TM) : what, how, and why / Robert W. Boyer -- How meditation heals : the brain and higher states of consciousness / Fred Travis -- Stress, illness, and transcendental meditation : a triad worth exploring / Deborah L. Bevvino -- Transcendental meditation and cardiovascular health / Vernon A. Barnes -- Transcendental meditation, diabetes, and other disorders / David Lovell-Smith -- Transcendental meditation research on anxiety & anxiety disorders / Sarnia Grosswald, David F. O'Connell, James Krag -- Transcendental meditation in the treatment of depression / James S. Brooks -- The use of transcendental meditation in promoting recovery and preventing relapse for addictive diseases / David F. O'Connell, Alarik Arenander -- The TM program and the treatment of childhood disorders / William R. Stixrud, Sarnia Grosswald -- The TM technique as a preventative approach for improving health-care outcomes /

Maxwell V. Rainforth, Robert E. Herron -- Addressing societal problems through the transcendental meditation program : aging, prison rehabilitation, and collective health / David W. Orme-Johnson, David F. O'Connell.

**Sommario/riassunto**

This book provides health care professionals and others with an understanding of over three decades of research on Transcendental Meditation and the treatment of chronic medical and psychiatric disorders as well as the use of Transcendental Meditation in effective health programs with a wide range of disorders and patient populations.