

1. Record Nr.	UNINA9910461283603321
Titolo	Wayfinding through life's challenges [[electronic resource]] : coping and survival / / Kathryn M. Gow and Marek J. Celinski, editors
Pubbl/distr/stampa	Hauppauge, NY, : Nova Science Publishers, c2011
ISBN	1-61942-698-6
Descrizione fisica	1 online resource (571 p.)
Collana	Psychology of emotions, motivations and actions
Altri autori (Persone)	GowKathryn CelinskiMarek J
Disciplina	155.2/4
Soggetti	Adjustment (Psychology) Resilience (Personality trait) 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 and index.
Nota di contenuto	""WAYFINDING THROUGH LIFE'S CHALLENGES: COPING AND SURVIVAL""; ""WAYFINDING THROUGH LIFE'S CHALLENGES: COPING AND SURVIVAL""; ""CONTENTS""; ""PREFACE""; ""OVERVIEW""; ""OVERVIEW OF CHAPTERS""; ""Underpinnings in Theory and Measurement""; ""General Applications""; ""Hell and Something Like It""; ""The World of Work""; ""Education and Training""; ""Postscript""; ""REFERENCES""; ""PART 1:A CLOSER LOOK AT SOME OF THE CONCEPTS AND MEASURES RELATED TO COPING AND RESILIENCE""; ""TRENDS IN RESILIENCE THEORY AND RESEARCH""; ""ABSTRACT""; ""INTRODUCTION"" ""SOME PROTOTYPICAL FORMULATIONS OF RESILIENCE""""Locus of Control""; ""Self-Efficacy""; ""PRIMARY CONCEPTS OF RESILI""; ""Sense of Coherence""; ""Hardiness""; ""Ego-Resiliency""; ""Flow""; ""CONCLUSION""; ""ACKNOWLEDGMENTS""; ""REFERENCES""; ""LIFE IS MORE THAN SURVIVAL: EXPLORING LINKS BETWEEN ANTONOVSKYS SALUTOGENIC THEORY AND THE CONCEPT OF RESILIENCE""; ""ABSTRACT""; ""INTRODUCTION""; ""THE ROLE OF SALUTOGENIC THEORY IN HEALTH AND WELLBEING""; ""The Frameworks""; ""An Asset Approach Focusing on Resources""; ""Life Orientation and Processes"" ""The Question is More Important than the Answer""""A Lifelong Development of the SOC""; ""The Theoretical Foundation""; ""Definitions of the Concepts""; ""The Operationalisation""; ""The Implementation"";

""The Evidence Base of Salutogenesis""; ""The Salutogenic Umbrella"";
""From Learned Resourcefulness to Healthy Learning"";
""CONCLUSION""; ""REFERENCES""; ""SOCIAL AND EMOTIONAL
INTELLIGENCE: CONTRIBUTORS TO RESILIENCE AND
RESOURCEFULNESS""; ""ABSTRACT""; ""INTRODUCTION""; ""Concepts of
Resilience and Resourcefulness""; ""SOCIAL AND EMOTIONAL
INTELLIGENCE""
""Constructs of Social and Emotional Intelligence""""Linking Constructs
to Clinical Conditions""; ""MEASUREMENT OF SOCIAL AND EMOTIONAL
INTELLIGENCE""; ""Recent Studies on Social Intelligence with Clinical
Populations""; ""CONCLUSION""; ""APPENDIX: SAMPLE OF ITEMS FROM
THE SOCIAL INTELLIGENCE TEST-REVISED (SIT-R)""; ""Test 1. Judgment
In Social Situations""; ""Test 2. Observation of Human Behaviour"";
""Test 3. Recognition of the Mental State of the Speaker""; ""Test 4.
Sense of Humour""; ""REFERENCES""; ""PERSONALITY CHARACTERISTICS
RELATED TO RESILIENCE: SEEKING FOR A COMMON CORE""
""ABSTRACT""""INTRODUCTION""; ""CHARACTERIZATION OF SELECTED
RESILIENCE CONSTRUCTS""; ""Focus of the Research""; ""METHOD"";
""Sample""; ""Measures""; ""RESULTS""; ""Analyses""; ""Descriptive
Statistics""; ""Correlation Analysis""; ""Multitrait-Multimethod Matrix
Approach""; ""Resilience Measures""; ""Burnout Measures""; ""Principal
Component Analysis""; ""Factors as Dimensions""; ""DISCUSSION"";
""Suggestions for Further Resea""; ""CONCLUSION"";
""ACKNOWLEDGMENTS""; ""REFERENCES""; ""MEASURING COPING VERSUS
SYMPTOM INTENSITY: IMPLICATIONS FOR CLINICAL PRACTICE"";
""ABSTRACT""
""INTRODUCTION""

2. Record Nr.	UNINA9910464274603321
Autore	Thone Ruth Raymond
Titolo	Fat-- a fate worse than death? : women, weight, and appearance / / Ruth Raymond Thone
Pubbl/distr/stampa	New York : , : Routledge, , 1997
ISBN	1-56023-908-5 1-315-82053-6 1-317-82316-8
Descrizione fisica	1 online resource (228 p.)
Collana	Haworth innovations in feminist studies Fat-- a fate worse than death
Disciplina	248.843
Soggetti	Obesity in women - Psychological aspects Obesity in women - Social aspects Overweight women Body image Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Cover; Half Title; Title Page; Copyright Page; Table of Contents; Preface: The Beginning of a Journey; SECTION I: MY OWN TRUTHS; Chapter 1. Welcome to the World Beyond Size 10; Chapter 2. Doubt: Whistling in the Dark; Chapter 3. For You, Jane, Too Late?; Chapter 4. Who Do I See in Another's Eyes?; Chapter 5. Tucking in My Blouse; Chapter 6. There's Good Work Out There: What Others Are Saying; Chapter 7. I See My Insides/You See My Outsides; Chapter 8. The Lifelong Diet; Chapter 9. What's Funny About Fat?; Chapter 10. Does "'Old and Fat'" Mean I've Given Up?; Chapter 11. This Body I Live In SECTION II: WHAT THE OUTSIDE WORLD BELIEVESChapter 12. I Am Not Your Punching Bag!; Chapter 13. Is Ugly True?; Chapter 14. Screaming in the Face of the World, or What Does Acceptance Look Like?; Chapter 15. Help! The Avalanche Roars Down on Us; Chapter 16. The Birds; Chapter 17. Why Do I Feel Like a Bull's Eye?; Chapter 18. Weight Watchers: How They Want Us Back!; Chapter 19. Don't Raise Your Head- They're Still Shooting!; SECTION III: TIME TO MOVE ON; Chapter 20. Love Letters; Chapter 21. Raw Courage in the Face of Horror Stories;

Chapter 22. Breaking Free; Chapter 23. Trudging Through
Chapter 24. Fighting BackChapter 25. Images of Ourselves-Good and
Awful; Chapter 26. Steps to Freedom; Epilogue: 100-Plus Ways to Fight
Ageism, Looksism, Sexism, Racism, Fatism; Index

Sommario/riassunto

Despite the gains of the women's movement, women are still judged by what they look like--and men, by what they do. *Fat--A Fate Worse Than Death?* offers hardy resistance to the narrow, random, and irrational appearance standards set for American women through an approach that is personal, eclectic, courageous, and funny. If you are interested in giving up your diet, throwing out your scales, and concentrating on who you are on a deeper level, this book will show you how to accept, appreciate, and even love your body! Using statistics, research, anecdotes, and personal experiences, *Fat--A Fate Worse Than Death?* is a book that will help you to love your body and to love yourself. **W**
