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Autore	Beker Marilyn
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Sommario/riassunto

Hotel Rwanda. Philadelphia. Silkwood. Some of the most important films ever made have tackled real-world social issues, from genocide to homophobia to corporate greed. As storytellers, activist screenwriters recognize that social issues make great stories that can be gut-wrenching, heart-tugging, funny, tragic, and interesting to watch. The Screenwriter Activist helps screenwriters tell those stories in compelling, non-preachy, and inspiring ways. The Screenwriter Activist is an in-depth, practical guide, appropriate for students in interme

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Cayoun Bruno A

Mindfulness-Integrated CBT for Well-being and Personal Growth : A 10-Week Evidence-based Program to Cultivate Inner Calm, Boost Self-confidence and Improve Relationships

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Provides practical guidance for mental resilience and flourishing Mindfulness-integrated Cognitive Behavior Therapy (MiCBT) has gained significant recognition as an effective approach for addressing depression, stress, anxiety, and emotional difficulties in general.

