

1. Record Nr.	UNINA9910466145503321
Titolo	Development and prospective applications of nanoscience and nanotechnology . Volume 1 Nanomaterials and their fascinating attributes / / editor, Sher Bahadar Khan ; co-editors, Abdullah M. Asiri, Center for Excellence for Advanced Materials Research (CEAMR) and Chemistry Department, Faculty of Science, King Abdulaziz University, Jeddah 21589, Saudi Arabia & Kalsoom Akhtar, Division of Nano Sciences and Department of Chemistry, Ewha Womans University, Seoul 120-750, Korea
Pubbl/distr/stampa	Sharjah : , : Bentham Science Publishers Limited, , [2016] ©2016
ISBN	1-68108-177-6
Descrizione fisica	1 online resource (268 p.)
Soggetti	Nanostructured materials Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Cover; Title; EUL; Contents; Foreword; Preface; LOC; Chapter 01; Chapter 02; Chapter 03; Chapter 04; Chapter 05; Chapter 06; INdex; 10 Back Cover

2. Record Nr.	UNINA9910777847503321
Autore	Sheldon Kennon M (Kennon Marshall)
Titolo	Self-determination theory in the clinic [[electronic resource]] : motivating physical and mental health / / Kennon M. Sheldon, Geoffrey Williams, Thomas Joiner
Pubbl/distr/stampa	New Haven, : Yale University Press, c2003
ISBN	1-281-72175-1 9786611721756 0-300-12866-5
Descrizione fisica	1 online resource (217 p.)
Altri autori (Persone)	WilliamsGeoffrey <1957-> JoinerThomas E
Disciplina	616/001/9
Soggetti	Clinical health psychology Autonomy (Psychology) Health behavior Psychotherapy
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 (p. 187-198) and index.
Nota di contenuto	Pt. 1. Self-determination: Theory, concepts, and evidence. Self-actualization, society, and scientific psychology -- Self-determination theory and its supporting research base -- Autonomy support and behavioral internalization: promoting ownership of non-enjoyable behaviors -- Pt. 2.: Self-determination: Theory applied to medical practice. Self-determination theory and physical health -- Facilitating health behavior change: the case of tobacco dependence -- Supporting the internalization of chronic disease management : the case of diabetes mellitus -- Pt. 3. Self-determination theory applied to mental health practice. Self-determination theory and mental health -- Facilitating psychological change : the case of substance abuse disorders -- Supporting self-determination in the treatment of anxiety and eating disorders -- Supporting self-determination in the treatment of mood and personality disorders.
Sommario/riassunto	Self-determination theory is grounded in the belief that people work best and are happiest when they feel that they are in control of their

own lives. This invaluable book explains the ramifications of the theory and provides clinical examples to show that it can be used to motivate patients undergoing treatment for such physical or psychological issues as diabetes management, smoking cessation, post-traumatic stress, obsessive-compulsive disorder, and depression. The first part of the book provides historical background to self-determination theory, showing that it is humanistically oriented and has three decades of empirical research behind it. In the process, the authors discuss why humanistic psychology fell out of favor in academic psychology; why "self-help" and New Age books have such perennial popularity; and why it is so important for authorities to support patients' sense of self. The remainder of the book presents many specific case examples to describe the theory's application.

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