

1. Record Nr.	UNINA9910457365903321
Autore	Baucells Manel
Titolo	Engineering Happiness : A New Approach for Building a Joyful Life // Manel Baucells, Rakesh Sarin
Pubbl/distr/stampa	Berkeley, CA : , : University of California Press, , [2012] ©2012
ISBN	1-283-36971-0 9786613369710 0-520-95142-5
Descrizione fisica	1 online resource (247 p.)
Disciplina	152.4/2 152.42
Soggetti	Happiness SOCIAL SCIENCE / Popular Culture
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Frontmatter -- Contents -- Preface: Engineers on Happiness -- Acknowledgments -- Introduction: The Science of Happiness -- Part I. Overview -- Part II. Laws of Happiness -- Part III. Engineering a Happier Life -- Notes -- Index
Sommario/riassunto	Manel Baucells and Rakesh Sarin have been conducting ground-breaking research on happiness for more than a decade, and in this book they distill their provocative findings into a lively, accessible guide for a wide audience of readers. Integrating their own research with the latest thinking in the behavioral and social sciences-including management science, psychology, and economics-they offer a new approach to the puzzle of happiness. Woven throughout with wisdom from the world's religions and literatures, Engineering Happiness has something to offer everyone-regardless of background, profession, or aspiration-who wants to better understand, control, and attain a more joyful life. • Shows how a few major principles can explain how happiness works and why it is so elusive• Demonstrates how the essence of attaining happiness is choice• Explores how to avoid happiness traps• Tells how to recognize happiness triggers in everyday

2. Record Nr.	UNINA9910480224503321
Autore	McFadgen B. G.
Titolo	Hostile shores : catastrophic events in prehistoric New Zealand and their impact on Maori coastal communities / / Bruce McFadgen
Pubbl/distr/stampa	Auckland, New Zealand : , : Auckland University Press, , 2007 ©2007
ISBN	1-86940-673-7 1-77558-568-9
Descrizione fisica	1 online resource (313 p.)
Disciplina	993
Soggetti	Indigenous peoples - Ecology - New Zealand Human beings - Effect of environment on - New Zealand Natural disasters - New Zealand - History Maori (New Zealand people) - History Electronic books. New Zealand History
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	Cover; Copyright; Epigraph; Contents; Acknowledgements; Preface; 1. A Precarious Place to Live; New Zealand's physical setting in the southwest Pacific; Human arrival; Stories from Maori traditions; A short prehistory; 2. New Zealand's Tectonic Setting; Volcanoes and eruptions; Earthquakes and faults; River aggradation and coastal sand accumulation; Tsunamis; Signatures of catastrophic events; Volcanic eruptions; Earthquake fault ruptures; Earthquake-uplifted shorelines; Downward-displaced shorelines; Proxy indicators of past earthquakes: landslides and near-fault river aggradation Palaeo-tsunamis Widespread alluvial sedimentation and coastal sand advances; Alluvial sedimentation; Coastal sand advances; Correlation and dating; Sea-rafted pumice; Soils; Widespread alluvial sedimentation episodes; Depositional episodes; Cause of widespread alluvial

sedimentation episodes and coastal sand advances; Absolute dating; 3. Dating Catastrophic Events by Radiocarbon; Radiocarbon dating; Calibration of terrestrial samples; Calibration of marine samples; Environmental variability of radiocarbon: dietary effect; Environmental variability among marine shells

Calibration stochastic distortion (CSD effect) Inbuilt age; Dating by bracketing; Comparing and combining radiocarbon ages; 4. Dating Catastrophic Events; Errors, precision, and accuracy; Volcanic eruptions; Earthquakes; Fault ruptures; Earthquake-uplifted shorelines; Proxy indicators of past earthquakes: landslides, near fault river aggradation, forest damage, and changes of sedimentation rates; Dates for earthquakes; Tsunamis; Widespread alluvial sedimentation periods; Tamatean and Ohuan depositional episodes; Tamatean depositional episode; Ohuan depositional episode

The fifteenth century - a time of coastal change

5. Archaeological Sites: the Physical Remains; New Zealand Archaeological Association site-recording scheme; Recording of archaeological sites; Site type and age; Visibility of archaeological sites; Archaeological site distribution; Archaeological sites at the coast; Storage pits; Middens; Gardens; Settlement and change; Pa;

6. Archaeological Sites: Geographic Distribution and Chronology; Geographic regions and subregions; Site types in geographic subregions; Chronological changes in site distribution

Changes in regional focus over time: Leeward and Windward Provinces

Animal extinctions; Forest clearance; Windward Province; Risk from catastrophic events; 7. Tectonic and Volcanic Processes in an Archaeological Setting; Analogues for past catastrophic events; Volcanic eruptions; Earthquakes; Tsunamis; The archaeological context; Catastrophes and sterile layers; Middens;

8. Impact of Tectonic and Volcanic Events on Archaeological Remains: North Island; West Wellington coast; Southwest North Island dune belt; Foxton - Manawatu district; Waitori - south Taranaki (Q22 /15); Mt Taranaki West Waikato coast

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#### Sommario/riassunto

Evidence from several disciplines, including anthropology, archaeology, demography, history, and the Maori oral tradition, are combined in this analysis of the many volcanic periods that shaped New Zealand. This authoritative, groundbreaking study examines the consequences on the coastal landscape and its people, from the first Polynesian settlers until European colonization in the 18th century. A study of the wave of tsunamis that struck New Zealand in the 15th century, known as the "big crunch," and precipitated various crises that led to cultural change

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