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Autore	Celletti A (Alessandra)
Titolo	KAM stability and celestial mechanics / / Alessandra Celletti, Luigi Chierchia
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Collana	Memoirs of the American Mathematical Society, , 0065-9266 ; ; Volume 187, Number 878
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Soggetti	Three-body problem Celestial mechanics Perturbation (Mathematics) Electronic books.
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	"Volume 187, Number 878 (third of four numbers)."
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Nota di contenuto	<p>""Contents""; ""Chapter 1. Introduction""; ""1.1. Quasi-periodic solutions for the n-body problem""; ""1.2. A stability theorem for the Sun-Jupiter-Victoria system viewed as a restricted, circular, planar three-body problem""; ""1.3. About the proof of the Sun-Jupiter-Victoria stability theorem""; ""1.4. A short history of KAM stability estimates""; ""1.5. A section-by-section summary""; ""Chapter 2. Iso-energetic KAM Theory""; ""2.1. Notations""; ""2.2. KAM tori""; ""2.3. Newton scheme for finding iso-energetic KAM tori""; ""2.4. The KAM Map""; ""2.5. Technical Tools""</p> <p>""2.6. The KAM Norm Map""""2.7. Iso-energetic KAM Theorem""; ""2.8. Iso-energetic Lindstedt series""; ""Chapter 3. The Restricted, Circular, Planar Three-body Problem""; ""3.1. The restricted three-body problem""; ""3.2. Delaunay action-angle variables for the two-body problem""; ""3.3. The restricted, circular, planar three-body problem viewed as nearly-integrable Hamiltonian system""; ""3.4. The Sun-Jupiter-Asteroid problem""; ""Chapter 4. KAM Stability of the Sun-Jupiter-Victoria Problem""</p> <p>""4.1. Iso-energetic Lindstedt series for the Sun-Jupiter-Asteroid problem and choice of the initial approximate tori ($u[\sup((0)A\pm)]$, $v[\sup$</p>

((0)A±)], w[sup((0)A±)]""4.2. Evaluation of the input parameters of the KAM norm map associated to the approximate tori (u[sup((0)A±)], v[sup((0)A±)], w[sup((0)A±)]""; ""4.3. Iterations of the KAM map""; ""4.4. Application of the iso-energetic KAM theorem and perpetual stability of the Sun-Jupiter-Victoria problem""; ""Appendix A. The Ellipse""; ""Appendix B. Diophantine Estimates""; ""B.1. Diophantine estimates for special quadratic numbers"" ""B.2. Estimates on s[sub(p)],k(l?)""Appendix C. Interval Arithmetic""; ""Appendix D. A Guide to the Computer Programs""; ""Bibliography""

2. Record Nr.	UNINA9910810890803321
Autore	O'Connor Kieron Philip
Titolo	Managing tic and habit disorders : a cognitive psychophysiological approach with acceptance strategies / / Kieron P. O'Connor, Marc E. Lavoie, Benjamin Schoendorff
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ISBN	1-119-16729-9 1-119-16728-0 1-119-16730-2
Descrizione fisica	1 online resource (203 pages) : illustrations
Classificazione	PSY007000
Disciplina	616.83
Soggetti	Tic disorders - Psychosomatic aspects Tic disorders - Treatment
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and indexes.
Sommario/riassunto	"A pioneering guide for the management of tics and habit disorders, Managing Tic and Habit Disorders: A Cognitive Psychophysiological Approach with Acceptance Strategies is a complete client and therapist program for dealing with tics and habit disorders. Groundbreaking and evidence-based, it considers tics and habit disorders as part of the same spectrum and focuses on the personal processes that are activated prior to a tic and habit rather than the tic or habit itself. By

drawing on acceptance and mindfulness strategies to achieve mental and physical flexibility in preparing action, individuals can release unnecessary tension, expend less effort and ultimately establish control over their tic or habit. The authors explain how to identify the contexts of thoughts, feelings and activities that precede tic or habit onset, understand how self-talk and language can trigger tic onset, and move beyond unhelpful ways of dealing with emotions - particularly in taking thoughts about emotions literally. They also explore how individuals can plan action more smoothly by drawing on existing skills and strengths, and overcome shame by becoming less self-critical and more self-compassionate. They conclude with material on maintaining gains, developing new goals, and creating a more confident and controlled lifestyle. Managing Tic and Habit Disorders is a thoughtful and timely guide for those suffering from this sometimes all-consuming disorder, and the professionals who set out to help them"--

"This book investigates psychological treatment approaches to managing tic and habit disorders"--
