

1. Record Nr.	UNINA9910165133303321
Autore	Burns David D
Titolo	Feeling good : The new mood therapy. // David D Burns
Pubbl/distr/stampa	2017
ISBN	0-06-268690-9
Edizione	[Unabridged.]
Descrizione fisica	1 online resource (15 audio files) : digital
Classificazione	PSY029000SEL011000SEL023000
Disciplina	616.85/2706
Soggetti	Nonfiction Psychology Reference Self-Improvement
Lingua di pubblicazione	Inglese
Formato	Audiolibro
Livello bibliografico	Monografia
Sommario/riassunto	<p>The good news is that anxiety, guilt, pessimism, procrastination, low self-esteem, and other 'black holes' of depression can be cured without drugs. In Feeling Good, eminent psychiatrist David D. Burns, M.D. outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life. Now, in this updated edition, Dr Burns adds an all-new Consumer's Guide To Antidepressant Drugs, as well as a new introduction to help answer your questions about the many options available for treating depression. Recognise what causes your mood swings. Nip negative feelings in the bud. Deal with guilt. Handle hostility and criticism. Overcome addiction to love and approval. Build self-esteem. Feel good everyday. Please visit www.feelinggood.com to access supplemental materials, the Feeling Good Podcasts, the Feeling Good Blog, and more!</p>

2. Record Nr.	UNINA9910578683703321
Titolo	Digital Human Modeling and Applications in Health, Safety, Ergonomics and Risk Management. Health, Operations Management, and Design : 13th International Conference, DHM 2022, Held as Part of the 24th HCI International Conference, HCII 2022, Virtual Event, June 26 – July 1, 2022, Proceedings, Part II // edited by Vincent G. Duffy
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2022
ISBN	3-031-06018-0
Edizione	[1st ed. 2022.]
Descrizione fisica	1 online resource (476 pages)
Collana	Lecture Notes in Computer Science, , 1611-3349 ; ; 13320
Disciplina	333.714 620.820113
Soggetti	User interfaces (Computer systems) Human-computer interaction Artificial intelligence Social sciences - Data processing Computer networks User Interfaces and Human Computer Interaction Artificial Intelligence Computer Application in Social and Behavioral Sciences Computer Communication Networks
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Task Analysis, Quality and Safety in Healthcare -- Human-Centered Participatory Co-Design of a Dosimetry-Quality Assurance Checklist in an Academic Cancer Center -- Increase Therapy Understanding and Medication Adherence for Patients with Inflammatory Skin Diseases through Augmented Reality -- Design of an Intelligent Intravenous Infusion Hemostat for Elderly Patients with Chronic Diseases Based on Image Recognition Technology -- How does Robot-Assisted Laparoscopic Surgery Impact Pain and Burnout among Minimally-Invasive Surgeons? A Survey Study -- The Bigger Picture of Digital Interventions for Pain, Anxiety and Stress: A Systematic Review of

1200+ Controlled Trials -- Multimodal Data Fusion for Automatic Detection of Alzheimer's Disease -- Research on Service Design for COVID-19 Nucleic Acid Test Needs of the Public -- Health Technology Use in Germany among Older Adults (Part II): Short Time Changes in Information and Communication Technology -- Health Technology Use in Germany among Older Adults (Part I): Short Time Changes in Health-Related Information and mHealth Applications -- Occupational Health and Operations Management -- Automatic Classification of Working Activities for Risk Assessment in Large-Scale Retail Distribution by Using Wearable Sensors: a Preliminary Analysis -- EMR Usage and Nurse Documentation Burden in a Medical Intensive Care Unit -- Simulation Model to Understand Nurses' Fatigue Level in an Intensive Care Unit -- Digital Competencies for Therapists in Rehabilitation - A Case Study -- Scenario Design for Healthcare Collaboration Training under Suboptimal Conditions -- Hey Team: An e-health Application for Promoting Quality of Life and Safety for Employees and Employers -- Exploring Off-the-Shelf Data in Job Design: A Comparison of Metadata in Situation Awareness, Task Analysis and Data Visualization -- Ways of Economical Production in Medical Institution Risk Management -- Workplace Health Promotion: mHealth as a Preventive Mediator between Psychosocial Workplace Characteristics and Well-being at Work -- Designing an Engagement's Technological Tool: User Needs and Motivations in a Humanized Way -- Digital Human Modeling in Interactive Product and Service Design -- Auditing and Testing AI – a Holistic Framework -- Towards Situated AMR: Creating a Corpus of Gesture AMR -- Trajectory Planning in Dynamics Environment: Application for Haptic Perception in Safe Human-Robot Interaction -- Improving AI Systems Through Trade-Offs Between Values -- Incremental Unit Networks for Distributed, Symbolic Multimodal Processing and Representation -- Use of Virtual Reality for Safety Training: A Systematic Review -- Value Creation and Value Acquisition under Open Innovation - Theoretical Review and Future Research Directions -- NetImmerse - Evaluating User Experience in Immersive Network Exploration -- The Pension Story - Data-driven Storytelling with Pension Data -- Rethinking Pension Communication – the Role of Metaphors in Information Visualization -- Knowledge andCompetencies for Human-Centered and Productive AI Work Design -- A Bibliometric Analysis of Intelligent Voice Interaction Based on VOSviewer.

Sommario/riassunto

This two-volume set LNCS 1319 and 13320 constitutes the thoroughly refereed proceedings of the 13th International Conference on Digital Human Modeling and Applications in Health, Safety, Ergonomics and Risk Management, DHM 2022, which was held virtually as part of the 24rd HCI International Conference, HCII 2022, in June/July 2022. The total of 1271 papers and 275 poster papers included in the 39 HCII 2022 proceedings volumes was carefully reviewed and selected from 5487 submissions. DHM 2022 includes a total of 56 papers. The first volume focuses on topics related to ergonomic design, anthropometry, and human modeling, as well as collaboration, communication, and human behavior. The second volume focuses on topics related to task analysis, quality and safety in healthcare, as well as occupational health and operations management, and Digital Human Modeling in interactive product and service design.
