

1. Record Nr.	UNINA9910798141303321
Autore	Hays Sarah
Titolo	Lightness of body and mind : a radical approach to weight and wellness // by Sarah Hays
Pubbl/distr/stampa	Lanham, Maryland : , : Rowman & Littlefield, , 2016 ©2016
ISBN	1-4422-5509-9
Descrizione fisica	1 online resource (217 p.)
Disciplina	613.2
Soggetti	Weight loss - Psychological aspects Food habits - Psychological aspects
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	Contents; Author's Note; Part I: Making the Choice; 1 Lightness; 2 Thirst; 3 Day and Night; 4 Dig the Ride; Part II: Making It Happen; 5 Help Your Brain Help You; 6 Strength Outside In; 7 Dodging the Yo-Yo; 8 The Tortoise Totally Wins; 9 Do Something; Part III: Making It Last; 10 Mindfulness and Mindlessness; 11 Starting Where You Are; 12 Wide Open; Afterword; Acknowledgments; Notes; Selected Bibliography; Further Readings; Index; About the Author
Sommario/riassunto	Lightness of Body and Mind offers the radical notion that you can't get a body you love by doing things that you hate. Through memoir and intimate client stories, personal trainer Sarah Hays Coomer proposes that wellness and indulgence can and should spring from the same source, fueled by kindness to your body and devotion to what turns you on.

2. Record Nr.	UNINA9910689452903321
Titolo	Conservation and Reinvestment Act : hearing before the Committee on Environment and Public Works, United States Senate, One Hundred Sixth Congress, second session on S. 25, the Conservation and Reinvestment Act of 1999 : S. 2123, the Conservation and Reinvestment Act of 1999 : S. 2181, the Conservation and Stewardship Act, to authorize funding for a variety of conservation programs, May 24, 2000
Descrizione fisica	1 online resource (iv, 174 p.)
Soggetti	Conservation of natural resources - Law and legislation - United States Nature conservation - Law and legislation - United States Oil and gas leases - United States
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia