

1. Record Nr.	UNINA9910465208003321
Autore	Rogers Vanessa
Titolo	Working with young women [[electronic resource]] : activities for exploring personal, social and emotional issues // Vanessa Rogers
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley, 2010
ISBN	1-283-90507-8 0-85700-372-0
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (178 p.)
Disciplina	362.70830941 371.82
Soggetti	Problem youth - Counseling of - Great Britain Self-help groups - Activity programs Social work with women - Great Britain Social work with youth - Great Britain Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Previous ed.: Leicester: National Youth Agency, 2006.
Nota di contenuto	FRONT COVER; Working with Young Women, Second Edition: Activities for Exploring Personal, Social and Emotional Issues; Contents; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; INTRODUCTION; 1. Setting up a Young Women's Group; Who should come?; How many?; What will the young women get out of it?; How will you measure success?; Boundaries; Ground rules; 2. Getting Started; 2.1 Paper game; 2.2 All about us; 2.3 Assumptions; 2.4 Hot seat; 2.5 Group crests; 2.6 Animal perceptions; 2.7 Against the rules!; 2.8 Who am I?; 2.9 The name game; 2.10 Pass the face; 2.11 Active listening; 2.12 Shared goals activity; 2.13 Values tree; 2.14 Bumper stickers; 3. Self-Esteem and Body Image; 3.1 Music, lines and emotions [AQ]; 3.2 Personal poems; 3.3 Chain reaction; 3.4 Advertising me; 3.5 What is beauty?; 3.6 Body image; 3.7 What makes a woman?; 3.8 Self-esteem - what is it?; 3.9 Self-esteem - Aimee's story; 3.10 Self-esteem mirror; 3.11 What shall I wear today?; 3.12 Who is confident?; 3.13 Feelings scale; 3.14 That makes me stressed!; 3.15 Assertiveness quiz; 3.16 This is my life; 3.17 Horoscopes; 4. Healthy Lifestyles; 4.1 Stress gallery; 4.2 Smoking and

the media; 4.3 Attitudes to alcohol
4.4 What happens next?4.5 A big night out; 4.6 Taking risks; 4.7 Sexually transmitted infections anagrams; 4.8 Handshake; 4.9 STIs - the facts; 4.10 How safe is safe?; 4.11 STIs - a girl's guide; 4.12 Pass the parcel; 4.13 Pass it on!; 4.14 Healthy eating collage; 4.15 Food quiz; 4.16 Health services treasure hunt; 4.17 Drugs Jenga; 5. Positive Relationships; 5.1 Friendship lines; 5.2 My awards; 5.3 Gender game; 5.4 Sex and the media; 5.5 Healthy relationships; 5.6 'No means no' quiz; 5.7 I said 'NO!'; 5.8 Relationship pyramid; 5.9 Gender stereotypes and relationships; 5.10 Family messages
5.11 Exploring personal values5.12 Anger and violence explored; 5.13 Passive, assertive, aggressive; 5.14 Share/not share; 5.15 Managing conflict; 6. Gender and Stereotypes; 6.1 The sleepover; 6.2 Exploring gender stereotypes; 6.3 This is what I think; 6.4 Career stereotypes; 6.5 Whose job is it?; 6.6 International Women's Day flags; 6.7 Gender facts - true or false?; 6.8 Women in parliament; 6.9 Role models activity; 7. Endings; 7.1 Positive thoughts; 7.2 The self-esteem gauntlet; 7.3 Letter to self; 7.4 Day at the beach; 7.5 Presentations; 7.6 Action planning for positive change
7.7 Treasured comments7.8 Hand curtain; 7.9 Positive footsteps; 7.10 One memory...; 7.11 Positive steps circle; USEFUL WEBSITES

Sommario/riassunto

Packed with fun sessions and practical group activities, Working with Young Women presents a multitude of opportunities for young women to build self-esteem, confidence and assertiveness. From art activities to life story work, the author offers ideas for a wide range of projects, games, discussions, drama and role-play to engage and motivate.

2. Record Nr.	UNINA9910701911503321
Autore	Hildreth Wes
Titolo	The Novarupta-Katmai eruption of 1912 [[electronic resource]] : largest eruption of the twentieth century : centennial perspectives / / Wes Hildreth and Judy Fierstein
Pubbl/distr/stampa	Reston, Va. : , : U.S. Dept. of the Interior, U.S. Geological Survey, , 2012
Descrizione fisica	1 online resource (xiv, 259 pages) : color illustrations, color maps
Collana	Professional paper ; ; 1791
Altri autori (Persone)	FiersteinJudy
Soggetti	Volcanic eruptions - Alaska - Katmai National Park and Preserve Katmai, Mount (Alaska) Katmai National Park and Preserve (Alaska)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from title screen (viewed Aug. 2, 2012).
Nota di bibliografia	Includes bibliographical references (pages 233-244).

3. Record Nr.	UNINA9910791497703321
Titolo	Tibetan Yoga and secret doctrines, or, Seven books of wisdom of the Great Path, according to the late Lama Kazi Dawa-Samdup's English rendering // editor, W. Y. Evans-Wentz
Pubbl/distr/stampa	[Place of publication unknown], : Oxford University Press, USA, 2000
ISBN	0-19-972789-9
Edizione	[Third edition.]
Descrizione fisica	1 online resource (456 pages)
Altri autori (Persone)	Evans-WentzW. Y <1878-1965.> (Walter Yeeling)
Disciplina	294.3420423 294.3923
Soggetti	Spiritual life - Buddhism - China - Tibet Autonomous Region Yoga - Buddhism Buddhism
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	XI. Karma and RebirthXII. The Exoteric Versus the Esoteric Teachings; XIII. The Translating and Editing of the Texts; XIV. The Unity and Practical Value of the Texts; XV. The New Renaissance and the Masters of Wisdom; BOOK I: THE SUPREME PATH OF DISCIPLESHIP: THE PRECEPTS OF THE GURUS; THE INTRODUCTION; I. The Book's Compiler and his Fellow Disciple; II. The Transmission of the Teachings; III. The Texts of The Precious Rosary; IV. The Precepts Compared with 'Elegant Sayings'; THE OBEISANCE AND FOREWORD; THE TWENTY-EIGHT CATEGORIES OF YOGIC PRECEPTS; I. The Ten Causes of Regret II. The Ten Requirements; III. The Ten Things to be Done; IV. The Ten Things to be Avoided; V. The Ten Things Not to be Avoided; VI. The Ten Things one Must Know; VII. The Ten Things to be Practised; VIII. The Ten Things to be Persevered in; IX. The Ten Incentives; X. The Ten Errors; XI. The Ten Resemblances Wherin One May Err; XII. The Ten Things Wherin One Erreth Not; XIII. The Thirteen Grievous Failures; XIV. The Fifteen Weaknesses; XV. The Twelve Indispensable Things; XVI. The Ten Signs of a Superior Man; XVII. The Ten Useless Things; XVIII. The Ten Self-Imposed Troubles IV. The Line of the Gurus; THE OBEISANCE AND FOREWORD; PART I: THE PRELIMINARY INSTRUCTIONS: THE TEMPORAL AND SPIRITUAL

TEACHINGS; PART II: THE ESSENTIAL SUBJECT MATTER; The Ordinary Practices; The Extra-Ordinary Practices; PART III: THE CONCLUSION; Recognizing the Great Symbol; and the Four Yogic Attainments; Analysing the Impediments and Errors while Treading the Path; Differentiating Experiences and Practical from Theoretical Knowledge; THE COLOPHON; BOOK III: THE PATH OF KNOWLEDGE: THE YOGA OF THE SIX DOCTRINES; THE INTRODUCTION; I. The Four Classes of Tantras; II. The Doctrine of the Psychic-Heat

Sommario/riassunto

Books, audiotapes, and classes about yoga are today as familiar as they are widespread, but we in the West have only recently become engaged in the meditative doctrines of the East--only in the last 70 or 80 years, in fact. In the early part of the 20th century, it was the pioneering efforts of keen scholars like W. Y. Evans-Wentz, the late editor of this volume, that triggered our ongoing occidental fascination with such phenomena as yoga, Zen, and meditation. Tibetan Yoga and Secret Doctrines--a companion to the popular Tibetan Book of the Dead, which is also published by Oxford in an author
