

1. Record Nr.	UNISALENTO991001433459707536
Autore	Jones, Douglas Samuel
Titolo	The theory of generalised functions / D. S. Jones
Pubbl/distr/stampa	Cambridge : Cambridge University Press, 1982
ISBN	0521237238
Edizione	[2nd ed]
Descrizione fisica	xiii, 539 p. ; 23 cm.
Classificazione	AMS 46F QA324
Disciplina	515.782
Soggetti	Functional analysis Theory of distributions
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	1st ed. - McGraw-Hill, 1966. Includes index

2. Record Nr.	UNINA9910702957603321
Autore	Elliott Charles H. <1948->
Titolo	Quitting smoking & vaping for dummies // Charles H. Elliott, Laura L. Smith
Pubbl/distr/stampa	Hoboken, New Jersey : , : John Wiley & Sons, Incorporated, , [2020] ©2020
ISBN	1-119-61692-1 1-119-61695-6
Edizione	[Second edition.]
Descrizione fisica	1 online resource (371 pages) : illustrations
Disciplina	616.86506
Soggetti	Smoking cessation Cigarette smokers - Rehabilitation Documentary films. Streaming videos.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Intro -- Title Page -- Copyright Page -- Table of Contents -- Introduction -- About This Book -- Foolish Assumptions -- Icons Used in This Book -- Beyond the Book -- Where to Go from Here -- Part 1 Lifting the Fog on Smoking and Vaping -- Chapter 1 A Matter of Life -- Accepting the Consequences of Being Human -- Tabulating the Health Costs of Smoking -- Summing Up a Financial Spreadsheet -- Comparing costs with vaping -- Calculating the ways you want to spend your windfall -- Breaking Up Is Hard to Do -- Seeing that a little help goes a long way -- Making a plan and checking it twice -- Life After the Breakup -- Slipping and tripping insurance -- Lighting the way to a new, nonsmoking lifestyle -- Chapter 2 Talking about Tobacco -- Analyzing Addiction -- Burrowing briefly into biology -- Inspecting psychological factors -- Searching for social contributors to addiction -- Assessing your tobacco addiction -- Dissecting Tobacco -- Delivering Tobacco to the Body -- Burning tobacco -- Heating tobacco without burning -- Ingesting tobacco without burning or heating -- Chapter 3 Taking Tobacco's Health Costs into Account -- How Smoking Affects Everyday Life -- Examining exercise -- Eating and smoking --

Smelling and smoking -- Looking in the mirror -- Reproducing and smoking -- Getting Seriously Sick from Smoking -- Examining the vascular system -- Looking at lungs even if you don't want to -- Scanning for other cancers -- Eroding overall health -- Chapter 4 Looking at the Impact of Smoking on Families and Communities -- Smoking at Home -- Looking at the Environmental Impact of Smoking -- Combatting Smoking through Legislation -- Part 2 Clearing the Air about Vaping and E-Cigarettes -- Chapter 5 Grasping the Basics of Vaping -- Vaping Devices: Basic Components -- Batteries -- Atomizers -- E-liquids or e-juices -- Evolving Vaping Devices. The first generation -- The second generation -- The third generation -- The fourth generation -- Pod systems -- Knowing What You're Vaping -- Nicotine -- Flavoring -- Vaping CBD or THC -- Chapter 6 Recognizing the Risks of Vaping -- Answering the Million-Dollar Question: Is Vaping Safer than Smoking? -- Examining the Dangers of Vaping -- Becoming addicted -- Chemical concerns -- Mining metals -- Getting to the heart of the matter -- Irritating lungs -- Getting burned -- Pregnancy and vaping -- Seeing seizures -- Nicotine poisoning -- Secondhand vapor -- Encountering the Wild West -- Risks of Vaping CBD or THC -- Vaping CBD -- Vaping THC -- Evaluating Vaping as a Gateway to Regular Smoking -- Chapter 7 What Parents Need to Know about Vaping -- Hooking Up with Colors, Flavors, and Gadgets: Marketing to Kids -- Stealth vaping -- Taking kids to the market -- Recognizing the Special Risks to Kids -- Taking risks with addiction -- Walking through the gates to other addictions -- Catching Kids Before They Vape -- Knowing What to Look for in Your Kids -- Talking with Kids about Vaping -- Listening empathically with concern -- Supporting optimism -- Getting Helpful Parenting Strategies -- Keeping kids busy -- Setting limits -- Accepting your limits as a parent -- Part 3 Surveying Quitting Strategies -- Chapter 8 Overcoming Obstacles to Quitting -- Defining Quit-Busting Beliefs -- Looking at the Main Quit-Busting Beliefs -- I'm too weak -- I'm afraid to fail -- I'm afraid of losing too much enjoyment -- It's the wrong time -- It shouldn't be so hard -- Chapter 9 Finding Help at the Pharmacy -- Replacing Nicotine -- Using nicotine replacement therapy -- Surveying the drugstore shelves -- Checking for nicotine replacement therapies behind the counter -- Combining nicotine replacement therapies -- Prescribing Medications for Coping with Quitting. Turning to on-label prescriptions -- Looking at off-label prescriptions -- Thinking Medication Is Not an Option -- Chapter 10 Changing Thoughts and Actions -- Exploring the Relationship between Triggers, Thoughts, Actions, and Feelings -- Thinking Differently about Triggers -- Finding distortions in your thinking -- Reevaluating your thoughts -- Relating to your thoughts in a new way -- Listening to Feelings and Urges -- Taking New Actions -- Avoiding and minimizing triggers when you can -- Having an action for every trigger you can't avoid -- Confronting triggers head on -- Rewarding successes -- Chapter 11 Tapping Technical Supports -- Finding Help on Your Phone -- Turning to quitlines -- Tapping out texts -- Assessing apps for assistance -- Turning to the Internet for Support -- Chapter 12 Reducing Harm from Cigarette Smoking -- Distinguishing Between Tobacco and Nicotine -- Trying to Reduce the Harm While Continuing to Smoke Cigarettes -- Trying Smokeless Tobacco Products -- Veering to Vaping -- Combining vaping and smoking -- Quitting smoking with vaping -- Chapter 13 Searching for Help in All the Wrong Places -- Surveying the Scene -- Taking dietary supplements -- Getting hypnotized -- Competing for dollars -- Magnetizing smoking urges -- Analyzing acupuncture -- Managing cravings with massage -- You Don't Always

Get What You Pay For -- Putting on Your Smart Consumer Hat -- When things seem too good to be true, they usually are -- Using small groups limits conclusions -- Lots of dropouts cause confusion -- Choosing not to choose -- Controlling for suggestion and expectancy -- Replication, replication, replication -- Eating ice cream causes murder? -- Part 4 Personalizing Your Quit Plan -- Chapter 14 Assessing Your Readiness and Motivation to Quit -- Knowing How the Stages of Change Work -- Stage 1: Precontemplation -- Stage 2: Contemplation. Stage 3: Preparation -- Stage 4: Action -- Step 5: Maintenance -- Stage 6: Termination -- Identifying What Stage of Change You're in Right Now -- Deciding Your Intent -- Chapter 15 Preparing Your Plan -- Monitoring Your Problem Before You Quit -- Reviewing Your Quit History -- Personalizing Your Quit Strategies -- Challenging obstacles to change -- Trying nicotine replacement therapy -- Starting medications -- Rethinking thoughts -- Doing something different -- Managing feelings and urges -- Getting tech support -- Soliciting social support -- Choosing Your Quit Day -- Declaring Your Intent -- Writing out a personal quit plan -- Telling friends and family what you're up to -- Creating a Pre-Quit-Day Game Plan -- Changing things up -- Cleaning out your smoking environment -- Chapter 16 Celebrating Your Quit Day -- Prepping for Your Quit Day -- Waking Up as an Ex-Smoker -- Managing Food and Drink: You're Not Giving Up Everything -- Keeping Busy at Work and Play -- Avoiding Triggers for Now -- Opening a Pack of Pleasures Instead of a Pack of Smokes -- Going to Bed -- Chapter 17 Getting through the Risky First Month -- Managing Your Inner Curmudgeon -- Taking a time-out -- Taking anti-curmudgeon actions -- Sleeping Through the Night -- Getting ready for bed -- Making your room rest ready -- Associating your bed with sleep -- Avoiding alcohol and other drugs -- Making your mind rest ready -- Tolerating Withdrawal in the First Month -- Talking Back to First-Month Excuses -- Appreciating Your Payoffs -- Celebrating the New You -- Chapter 18 Staying the Course for the Next Five Months and Beyond -- Boosting Your Plan for Problematic Triggers -- Avoiding avoidance -- Breathing through urges -- Giving yourself a pep talk -- Rehearsing what to do -- Keeping Your Confidence Level in Check -- Knowing What to Do When Your Willpower Wanes -- Recharging willpower. Rewarding willpower -- Recognizing Problematic Emotions -- Analyzing anxiety -- Detecting depression -- Treating anxiety and depression -- Pumping Up Exercise -- Looking Forward to Fading Nicotine Replacement Therapy -- Staying Vigilant Beyond Six Months -- Chapter 19 Recovering from Lapses and Relapses -- Deciding to Lapse -- Profiting from a Lapse -- Rationalizing and excuse making -- Rethinking myths about urges -- Realizing When a Lapse Is a Relapse -- Drifting from a lapse into a relapse -- Just because there's smoke, doesn't always mean there's fire -- Moving on from a Relapse -- Getting Some Final Tools for Battling Lapses and Relapses -- Part 5 Living after Smoking -- Chapter 20 Dealing with Weight Gain -- Prioritizing Health First and Setting Realistic Goals -- Keeping Track of What You Eat -- Rethinking Food and Dieting -- Figuring Out What to Put on the Table -- Starting with nutrient-dense food -- Filling up on fiber -- Cutting out calories -- Planning for holidays and eating out -- A couple of the best diets to follow -- Boosting Metabolism -- Staying Motivated -- Chapter 21 Strengthening Resilience -- Enhancing Competence and Confidence -- Setting goals -- Problem solving -- Taking care of yourself -- Improving Relationships -- Trying the Daily News Report -- Disclosing vulnerability -- Giving help and caring --

Acquiring Mindfulness -- Benefiting from mindfulness -- Looking at meditation techniques -- Finding Meaning and Purpose -- Chapter 22 Developing Self-Compassion -- Being Kind to Yourself -- Asserting Yourself -- Forgiving Yourself -- Saying no to perfectionism -- Not turning guilt into shame -- Enhancing self-forgiveness -- Accepting Yourself -- Letting go of self-evaluations -- Exploring accepting affirmations -- Part 6 The Part of Tens -- Chapter 23 Ten Ways to Help Someone You Care about Quit. Making Your Home a No-Smoking Zone.

Sommario/riassunto

Dr. Scott Leischow of The National Cancer Institute (NCI) Tobacco Control Research Branch explains the benefits of smoking cessation, even for smokers who have a long history of smoking cigarettes. Also describes an NCI web site, smokefree.gov, that is targeted specifically to older adults.

3. Record Nr. UNINA9910155018903321

Autore DK Travel

Titolo Pacific Northwest

Pubbl/distr/stampa DK Eyewitness Travel

ISBN 0-241-45280-5
0-241-25356-X
1-4654-6347-X

Edizione [[Revised edition].]

Descrizione fisica 1 online resource (344 p.)

Collana Eyewitness travel

Disciplina 917.950444

Lingua di pubblicazione Inglese

Formato Materiale a stampa

Livello bibliografico Monografia

Sommario/riassunto From snow-covered mountains to arid deserts and deep river gorges, the Pacific Northwest is one of the world's most beautiful regions. Whether you seek spiritual Nirvana at the birthplace of grunge in Seattle or want to catch Vancouver's thriving arts scene, get the lowdown with this travel guide.

4. Record Nr.	UNINA9910983089003321
Autore	Babak Vitalii
Titolo	Noise signals : Modelling and Analyses // by Vitalii Babak, Artur Zaporozhets, Yurii Kuts, Mykhailo Fryz, Leonid Scherbak
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Springer, , 2025
ISBN	3-031-71093-2
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (232 pages)
Collana	Studies in Systems, Decision and Control, , 2198-4190 ; ; 567
Altri autori (Persone)	ZaporozhetsArtur KutsYurii FryzMykhailo ScherbakLeonid
Disciplina	621.3
Soggetti	Electrical engineering Signal processing Noise control Electrical and Electronic Engineering Digital and Analog Signal Processing Noise Control
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Chapter 1. Problems of Noise Signals Research -- Chapter 2. Linear Models of Stochastic Noise Signals -- Chapter 3. Periodic Models of Noise Signals -- Chapter 4. Method of Envelope and Phase in the Tasks of Identification of Narrowband Noise Signals -- Chapter 5. Identification of Vibration Noise Signals of Electric Power Facilities -- Chapter 6. Examples of Stochastic Noise Signals Identification -- Chapter 7. Identification of Air Pollution Sources.
Sommario/riassunto	The book meticulously details a constructive mathematical model of a stochastic noise process, specifically a linear random process and its characteristics. Theoretical reasoning on the relationship between random processes with independent increments and those with independent values, known as random processes of white noise, is provided. The model of a linear random process serves as a mathematical representation of colored noises in various hues.

Characteristics of both non-stationary and stationary linear random processes are elucidated, with emphasis on their ergodic properties, crucial for practical applications. The study also encompasses the vector linear random process, portraying a model of multi-channel noise signals. A novel contribution to the theory of random functions is the development of a constructive model of a conditional linear random process. This involves determining its distribution laws in the form of a characteristic function and relevant statistical characteristics, which can serve as potential indicators for identifying stochastic noise processes. The book revisits research on periodic stochastic models, examining cyclic, rhythmic, natural, and artificial phenomena, processes, and signals. A comprehensive analysis of the linear periodic random process is conducted, and the identification characteristics of periodic models of stochastic noise signals are explored. Significant attention is directed toward employing contour and phase methods as a theoretical foundation for addressing narrow-band noise signal identification challenges.
