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Autore	Helsing Cheryl
Titolo	Computer user's guide to the protection of informtion resources / / Cheryl Helsing, Marianne Swanson, Mary Anne Todd
Pubbl/distr/stampa	Gaithersburg, MD : , : U.S. Dept. of Commerce, National Institute of Standards and Technology, , 1989
Descrizione fisica	1 online resource
Collana	NIST special publication ; ; 500-171
Altri autori (Persone)	HelsingCheryl SwansonMarianne ToddMary Anne
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
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2. Record Nr.	UNINA9910164113803321
Autore	Abraham Thomas
Titolo	HARNESSING THE WINDMILLS OF THE MIND
Pubbl/distr/stampa	Body & Soul Books
ISBN	93-5201-806-0
Descrizione fisica	1 online resource (232 p.)
Soggetti	Peace of mind Mindfulness (Psychology) Self-actualization (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	In the pell-mell of life, who has not sometimes felt overwhelmed? The mind seems to be in endless churn...leading us in circles of despair, anger and frustration... Where do we turn when we are floundering? The answer lies within. Windmills offers practical and sustainable ways forward through Effective Mind Control (EMC).How to control your temper.How to cultivate patience.How to face grief.How to deal with guilt.How to escape from the well of sudden disappointmentHow not to feel dissatisfied with life.How to avoid despair over the lack of meaning in your life.These pages abridge the behavioral aspects of the AI thesis about the mind on the Effective Mind Control website. EMC has drawn keen interest from around the world, logging over half a million page views from over 150 countries. EMC assumes that IA, an intuitive algorithm, enables the mind to apply inductive reasoning to manage attitudes and behaviours. Windmills suggests simple mental and physical exercises, followed by wise men across the centuries, to change our own views and actions...pointing the way towards a positive life experience.