

1.	Record Nr.	UNINA9910744983103321
	Titolo	Evoluzione : modelli e processi / a cura di Marco Ferraguti, Carla Castellacci ; con contributi di Giuliana Allegrucci ... [et al.]
	Pubbl/distr/stampa	Milano, : Pearson, c2011
	ISBN	978-88-7192-624-7
	Descrizione fisica	XVI, 432 p. : ill. ; 27 cm
	Disciplina	576.8
	Locazione	SC1
	Collocazione	576.8-FER-1
	Lingua di pubblicazione	Italiano
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910782549403321
	Autore	Smith Jonathan C
	Titolo	Stress management [[electronic resource]] : a comprehensive handbook of techniques and strategies / / Jonathan C. Smith
	Pubbl/distr/stampa	New York, : Springer Pub., c2002
	ISBN	1-281-81359-1 9786611813598 0-8261-4948-0
	Descrizione fisica	1 online resource (279 p.)
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	Soggetti	Stress management Relaxation Health
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	Note generali	Description based upon print version of record.
	Nota di bibliografia	Includes bibliographical references (p. 245-249) and index.

Nota di contenuto

Contents; Preface; List of Tables and Figures; Part I: Stress Basics; Part II: The Four Pillars of Stress Management; Part III: Interpersonal Skills: Relationships and Stress Management; Part IV: Task Completion Skills: Time Management, Procrastination, and Positive Beliefs; Appendix: The Factor Structure of the Smith Irrational Beliefs Inventory-A; References; Index

Sommario/riassunto

Here is a comprehensive clinical manual focused on stress management and relaxation. It contains detailed descriptions of tactics for training the user in the methods of relaxation, positive thinking, time management, and more. Features validated self-tests (normed on over 1000 individuals), and first-time ever stress management motivations and irrational beliefs inventories. This hands-on resource is essential for practitioners introducing stress management techniques into their practice; students who are learning how to cope with stress; practitioners-in-training, and clinicians looking for
