

1. Record Nr.	UNINA9910793220603321
Autore	Hill Alison
Titolo	Boss of busy : combat burn out and get clear on what matters / / Alison Hill
Pubbl/distr/stampa	Milton, Queensland, Australia : , : Wiley, , 2019
ISBN	0-7303-6960-9 0-7303-6961-7
Edizione	[2nd edition]
Descrizione fisica	1 online resource (274 pages)
Collana	Be your best
Disciplina	158.1
Soggetti	Self-management (Psychology) Self-actualization (Psychology) Work-life balance
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"First published as Stand out in 2016 by John Wiley & Sons Australia"-- Title page verso.
Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	Bring calm to the chaos in your life. Whether you find yourself checked out, burnt out, or just plain freaked out; you deserve better. Psychologist Alison Hill takes you deep into the key pillars for our happiness, health and sanity to help you live a life filled with purpose and progress. Productivity training or the latest organisational system will only take you so far. To make lasting change you need the right tools, mindset and skills. Boss of Busy helps you find the courage and optimism to live the life you crave, let go of what is holding you back and learn how to prioritise what really matters. Originally published in 2016 as Stand Out , this book has been reviewed and redesigned to become part of the Wiley Be Your Best series - aimed at helping readers achieve professional and personal success.

2. Record Nr.	UNINA9910778211303321
Titolo	Alkenes and aromatics [[electronic resource] /] / edited by Peter Taylor [and Michael Gagan]
Pubbl/distr/stampa	Cambridge, UK, : Royal Society of Chemistry, 2002
ISBN	1-84755-782-1
Descrizione fisica	1 online resource (181 p.)
Collana	The molecular world
Altri autori (Persone)	TaylorPeter GaganMichael
Disciplina	547.412
Soggetti	Alkenes Aromatic compounds
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Published in association with the Open University.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	BK9780854046805-FX001; BK9780854046805-FP001; BK9780854046805-FP003; BK9780854046805-FP005; BK9780854046805-FP009; BK9780854046805-00011; BK9780854046805-00028; BK9780854046805-00032; BK9780854046805-00033; BK9780854046805-00036; BK9780854046805-00037; BK9780854046805-00039; BK9780854046805-00042; BK9780854046805-00045; BK9780854046805-00061; BK9780854046805-00068; BK9780854046805-00075; BK9780854046805-00077; BK9780854046805-00078; BK9780854046805-00088; BK9780854046805-00089; BK9780854046805-00091; BK9780854046805-00096; BK9780854046805-00101; BK9780854046805-00102; BK9780854046805-00111 BK9780854046805-00122BK9780854046805-00124; BK9780854046805-00130; BK9780854046805-00131; BK9780854046805-00136; BK9780854046805-00137; BK9780854046805-00139; BK9780854046805-00144; BK9780854046805-00162; BK9780854046805-00170; BK9780854046805-00172; BK9780854046805-00173; BK9780854046805-00184
Sommario/riassunto	Alkenes and Aromatics examines the reaction mechanisms associated with carbon-carbon double bonds, and then goes on to look at

aromatic substitution (nitration, halogenation, sulfonation and Friedel Crafts reactions). The formation and reactions of diazonium ions are also discussed. This knowledge is then applied to the synthesis of pseudoephedrine, highlighting the key aspects of synthesis, such as yields, stereochemistry and reaction conditions. A Case Study on the organic chemical industry completes the book, providing a background as to why understanding organic reactions is so important.
