

1. Record Nr.	UNINA9910784173603321
Autore	Gulbenkoglu Hrepsime <1951->
Titolo	Anger management [[electronic resource]] : an anger management training package for individuals with disabilities // Hrepsime Gulbenkoglu and Nick Hagiliassis
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley Publishers, 2006
ISBN	1-280-73813-8 9786610738137 1-84642-518-2
Descrizione fisica	1 online resource (171 p.)
Collana	JKP resource materials Anger management
Altri autori (Persone)	HagiliassisNick <1970->
Disciplina	152.4/7087
Soggetti	Anger Assertiveness training People with disabilities - Psychology People with mental disabilities - Psychology Problem solving - Study and teaching Self-help techniques - Study and teaching
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Cover; Anger Management:An Anger Management Training Packagefor Individuals with Disabilities; Contents; List of Hand-outs and Overheads; Introduction; Session 1Introduction to Anger Management (1); Session 2Introduction to Anger Management (2); Session 3Learning about Feelings and Anger; Session 4Learning about Helpful and UnhelpfulWays of Dealing with Anger; Session 5Learning to Relax (1); Session 6Learning to Relax (2); Session 7Learning to Think Calmly (1); Session 8Learning to Think Calmly (2); Session 9Learning to Think Calmly (3); Session 10Learning to Handle Problems Session 11Learning to Speak Up for OurselvesSession 12Putting it all Together; References
Sommario/riassunto	This is a complete training package for helping people with intellectual or physical disabilities deal with anger in constructive, effective ways. It consists of 12 fully-scripted sessions dealing with topics such as recognising feelings of anger, learning to relax and think calmly, and

being assertive and handling problems competently.

2. Record Nr.	UNINA9910784078003321
Autore	Hughes Helen <1937, >
Titolo	The historical romance // Helen Hughes
Pubbl/distr/stampa	London ; ; New York : , : Routledge, , 1993
ISBN	1-134-93201-4 0-415-75562-X 1-134-93202-2 1-280-05683-5 0-203-16802-X
Descrizione fisica	1 online resource (173 p.)
Collana	Popular fictions series
Disciplina	823/.08109/0904
Soggetti	English fiction - 20th century - History and criticism Historical fiction, English - History and criticism Romance fiction, English - History and criticism
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Book Cover; Half-Title; Title; Copyright; Contents; Series editors' preface; Acknowledgements; Chapter 1 Introduction; Chapter 2 The structures of historical romance; Chapter 3 The readers of historical romance; Chapter 4 Evolution versus revolution The inevitability of the bourgeois state; Chapter 5 English heritage; Chapter 6 Class, the gospel of work and 'hazard'; Chapter 7 'Brute heroes' and 'spirited heroines'; Chapter 8 History, best-sellers and the media; Notes; Bibliography; Index
Sommario/riassunto	The Historical Romance explores the ways in which romance authors seek to represent our fantasies of life in the past. Examining how the cut-and-thrust swashbucklers of the 1930's gave way to female-orientated romances, Helen Hughes takes a comprehensive look at how romance authors have dealt with the turbulent question of female independence, and how traditional attitudes towards love, marriage and

women's sexuality have been approached in more recent texts. Hughes also charts the ways in which the marketing of romance has developed, with the eventual explosion of the mass market and
