

1. Record Nr.	UNISALENT0991001483989707536
Autore	Bonacci, Anna
Titolo	Le favole insidiose/ Anna Bonacci ; a cura di Tiziana Mattioli
Pubbl/distr/stampa	Pesaro : Metauro, c2011
ISBN	9788861560727
Descrizione fisica	101 p. ; 20 cm.
Collana	Opere ; 3
Altri autori (Persone)	Mattioli, Tiziana
Soggetti	Letteratura italiana - Sec. 20°
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia
2. Record Nr.	UNINA9910784670303321
Autore	Thayer Robert E
Titolo	Calm energy [[electronic resource]] : how people regulate mood with food and exercise / Robert E. Thayer
Pubbl/distr/stampa	Oxford ; New York, : Oxford University Press, 2003
ISBN	0-19-988102-2 1-280-53381-1 0-19-803023-1 1-60256-693-3
Descrizione fisica	xi, 274 p. : ill
Disciplina	616.89
Soggetti	Exercise - Psychological aspects Mental health - Nutritional aspects Mood (Psychology) Nutrition - Psychological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

**Note generali**

"First issued as an Oxford University Press paperback, 2003."

**Nota di bibliografia**

Includes bibliographical references (p. 235-254) and index.

**Nota di contenuto**

; ch. 1. Mood, self-regulation, and overeating -- ; ch. 2. Living in a stressful world : mood and overweight -- ; ch. 3. How are exercise and mood related? -- ; ch. 4. emotional eating -- ; ch. 5. Mood pleasure : food versus exercise -- ; ch. 6. Why do we have moods? -- ; ch. 7. Changes in energy and mood -- ; ch. 8. The biopsychology of energy and tension -- ; ch. 9. Managing your mood.

**Sommario/riassunto**

Obesity is reaching alarming proportions. In this insightful new approach to understanding why this is happening, acclaimed mood scientist Robert Thayer offers a new appreciation of the real cause--emotional eating. But this is not just emotional eating as previously known; rather it is a new scientific analysis of exactly how different moods affect eating. He shows how unprecedented stress in society and epidemic levels of depression have led people to food as a poor means of managing mood. In this original approach, Thayer describes how people's daily energy and tension variations occur, and how this knowledge helps overcome the urge to eat the wrong food and to achieve the goal of calm energy. Also, in this most up-to-date scientific analysis of exercise and mood, he shows how physical activity is essential to psychological and physical health, yet why it is resisted. Thayer's work has been discussed in hundreds of magazine and newspaper articles, and here he outlines in detail the cutting-edge theories and scientific research findings that have generated this extensive media attention.