

1. Record Nr.	UNINA9910782653603321
Autore	Anshel Mark H (Mark Howard)
Titolo	Applied exercise psychology [[electronic resource]] : a practitioner's guide to improving client health and fitness / / Mark H. Anshel
Pubbl/distr/stampa	New York, NY, : Springer Pub., c2006
ISBN	1-281-81326-5 9786611813260 0-8261-3215-4
Descrizione fisica	1 online resource (260 p.)
Disciplina	613.7/01/9
Soggetti	Exercise - Psychological aspects Physical fitness - Psychological aspects
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 p. (231-235) and index.
Nota di contenuto	Contents; Preface; Foreword; 1. What Is Applied Exercise Psychology?; 2. Exercise Barriers: Why We Do Not Enjoy Physical Activity; 3. Theories and Models of Exercise Behavior; 4. Mental Health Benefits of Exercise; 5. Strategies For Promoting Exercise Motivation; 6. Basic Applied Exercise Physiology for Consultants; 7. Exercise Prescription Strategies; 8. Exercise Adherence and Compliance; 9. Consulting With Special Populations; 10. A Proposed Values-Based Model for Promoting Exercise Behavior; 11. Cognitive and Behavioral Strategies to Promote Exercise Performance 12. Maintaining Quality Control: Personal Trainers, Fitness Facilities, and Proper Programs 13. Future Directions in Exercise Consulting; Appendix A: Exerciser Checklist; Appendix B: Exercise Tests; Appendix C: Examples of Correct Stretches; Recommended Books, Journals, and Website Resources; List of Organizations and Publications; References; Index
Sommario/riassunto	This is the first applied handbook for practitioners who want to help patients begin and maintain an exercise program as a lifestyle change. Mental health practitioners (MHPs) often earn a trust that not many other professionals do with their patients. It is with this trust that MHPs are able to encourage and help their clients begin a healthy and active

lifestyle through exercise programs. This book, with easy to understand language, provides a simple introduction for mental health practitioners and clinicians to help their clients achieve better mental and physical health through exercise an

2. Record Nr.	UNINA9910787654703321
Autore	Ackerman Bruce A
Titolo	Clean coal/dirty air : or how the Clean Air Act became a multibillion-dollar bail-out for high-sulfur coal producers and what should be done about it / / Bruce A. Ackerman and William T. Hassler
Pubbl/distr/stampa	New Haven : , : Yale University Press, , 1981
ISBN	0-300-15809-2
Descrizione fisica	1 online resource (204 p.)
Collana	A Yale fastback ; ; 23
Altri autori (Persone)	HasslerWilliam T
Disciplina	347.304/46342 344.73/046342
Soggetti	Air - Pollution - Law and legislation - United States Coal - Law and legislation - United States
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"Preliminary version ... published by the Yale law journal in its July 1980 issue under the title 'Beyond the New Deal: coal and the Clean air act.'" Includes bibliographical references and index.
Nota di bibliografia	
Nota di contenuto	Front matter -- Contents -- Acknowledgments -- 1. Beyond The New Deal -- 2. The Myth of Expertise -- 3. The Politics of Ignorance -- 4. The Myth of Majority Rule -- 5. To What End? -- 6. Expertise in the Service of Politics -- 7. Agency-Forcing and the Role of Courts -- 8. Reform -- Notes -- Index
Sommario/riassunto	A path-breaking effort in constitutional theory which brings a new clarity to the interpretation of the Fifth Amendment's just compensation clause. Essential reading for lawyers concerned with environmental regulation or the general development of constitutional doctrine.