

1. Record Nr.	UNINA9910788030203321
Autore	G. O'Malley Arthur
Titolo	The art of bart : bilateral affective reprocessing of thoughts as a dynamic model for psychotherapy / / by Arthur G. O'Malley
Pubbl/distr/stampa	Boca Raton, FL : , : Routledge, an imprint of Taylor and Francis, , [2018] ©2015
ISBN	0-429-92010-5 0-367-32748-1 0-429-90587-4 0-429-48110-1 1-78241-216-6
Descrizione fisica	1 online resource (313 p.)
Disciplina	157
Soggetti	Psychology, Pathological Psychotherapy
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 and index.
Nota di contenuto	COVER; CONTENTS; ACKNOWLEDGEMENTS; ABOUT THE AUTHOR; PREFACE; Introduction: The art of bilateral affective reprocessing of thoughts (BART): a dynamic model for psychotherapy and peak performance; CHAPTER ONE Concept of intuition and introduction to BART psychotherapy for both therapy and peak performance; CHAPTER TWO Activation of the chakras using BART psychotherapy and peak performance; CHAPTER THREE Neurodevelopment of the head-brain, heart-brain, and gut-brain; CHAPTER FOUR Vibrational frequencies related to accelerated information processing in patients or clients CHAPTER FIVE Proposals for BART psychotherapy with special populations and effects of abuse and neglect on the developing brains of the patient or client CHAPTER SIX The mystery of consciousness; CHAPTER SEVEN Development of thought and the role of BART psychotherapy and peak performance in reprocessing thoughts; CHAPTER EIGHT Guidelines for practitioners on conducting a BART psychotherapy session; CHAPTER NINE Taking a trauma and developmental history

CHAPTER TEN Influence of some research in trauma therapy by neurobiologists and how this has affected my development of the integrative approach of BART psychotherapy and peak performance  
CHAPTER ELEVEN Living in a hypothetical world dominated by the left hemisphere's perspective, and summary of the five stages of BART psychotherapy; CHAPTER TWELVE Using BART for peak performance in sport, business, academia, and any pursuit where anticipatory anxiety impairs results  
CHAPTER THIRTEEN Template for comprehensive assessment of the patient or client prior to BART psychotherapy or peak performance, and use of the Hermann brain dominance instrument  
REFERENCES; INDEX

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## Sommario/riassunto

The Art of BART (the Bilateral Affective Reprocessing of Thoughts) is a practitioner's introduction to an innovative psychotherapy model that draws on and integrates well-proven therapies (such as EMDR, sensorimotor psychotherapy and CBT) and on the Indian chakra tradition and other historical beliefs. As a therapeutic approach it has particular relevance to those who are living with the consequences of a traumatic event and those who seek after peak performance in fields such as sport and the arts. The book introduces the reader to BART as a psychotherapy that can benefit patients with disorders such as anorexia nervosa and dissociative identity disorder, and those who have suffered a traumatic event. It also looks at the information processing of the mind-body at the levels of the gut heart and the gut brain, and it makes connections between the endocrine and immune systems and the chakras of Indian tradition.

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2. Record Nr.	UNINA9911009289703321
Autore	Gospodinov Svilen
Titolo	Concurrent data processing in Elixir : fast, resilient applications with OTP, GenStage, Flow, and Broadway // Svilen Gospodinov
Pubbl/distr/stampa	[Raleigh, North Carolina] : , : The Pragmatic Programmers, LLC, , [2021] ©2021
ISBN	9781680508970 1680508970 9781680508963 1680508962
Edizione	[First edition.]
Descrizione fisica	1 online resource (171 pages)
Disciplina	005.133
Soggetti	Elixir (Computer program language) Application software - Development
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Cover -- Table of Contents -- Foreword -- Acknowledgments -- Introduction -- Who Should Read This Book? -- About This Book -- About the Code -- Online Resources -- 1. Easy Concurrency with the Task Module -- Introducing the Task Module -- Creating Our Playground -- Starting Tasks and Retrieving Results -- Managing Series of Tasks -- Linking Processes -- Meeting the Supervisor -- Understanding Let It Crash -- Wrapping Up -- 2. Long-Running Processes Using GenServer -- Starting with a Basic GenServer -- GenServer Callbacks In Depth -- Building a Job-Processing System -- Introducing DynamicSupervisor -- Implementing a Supervisor -- Naming Processes Using the Registry -- Inspecting Supervisors at Runtime -- Wrapping Up -- 3. Data-Processing Pipelines with GenStage -- Understanding Back-Pressure -- Introducing GenStage -- Building Your Data-Processing Pipeline -- Adding Concurrency with ConsumerSupervisor -- Creating Multi-Stage Data Pipelines -- Choosing the Right Dispatcher -- Wrapping Up -- 4. Processing Collections with Flow -- Analyzing Airports Data -- Creating Flows and Reading Files -- Performing Reduce Concurrently with Partitions --

Using Windows and Triggers -- Adding Flow to a GenStage Pipeline --  
Wrapping Up -- 5. Data-Ingestion Pipelines with Broadway --  
Processing Ticketing Events -- Broadway Callbacks In Depth --  
Batching Messages -- Using GenStage Producers -- Wrapping Up --  
Bibliography -- Index -- - SYMBOLS - - - A - - - B - - - C - - - D  
- - - E - - - F - - - G - - - H - - - I - - - J - - - K - - - L -  
- - M - - - N - - - O - - - P - - - R - - - S - - - T - - - U -  
- - W -.

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## Sommario/riassunto

Learn different ways of writing concurrent code in Elixir and increase your application's performance, without sacrificing scalability or fault-tolerance. Most projects benefit from running background tasks and processing data concurrently, but the world of OTP and various libraries can be challenging. Which Supervisor and what strategy to use? What about GenServer? Maybe you need back-pressure, but is GenStage, Flow, or Broadway a better choice? You will learn everything you need to know to answer these questions, start building highly concurrent applications in no time, and write code that's not only fast, but also resilient to errors and easy to scale. Whether you are building a high-frequency stock trading application or a consumer web app, you need to know how to leverage concurrency to build applications that are fast and efficient. Elixir and the OTP offer a range of powerful tools, and this guide will show you how to choose the best tool for each job, and use it effectively to quickly start building highly concurrent applications. Learn about Tasks, supervision trees, and the different types of Supervisors available to you. Understand why processes and process linking are the building blocks of concurrency in Elixir. Get comfortable with the OTP and use the GenServer behaviour to maintain process state for long-running jobs. Easily scale the number of running processes using the Registry. Handle large volumes of data and traffic spikes with GenStage, using back-pressure to your advantage. Create your first multi-stage data processing pipeline using producer, consumer, and producer-consumer stages. Process large collections with Flow, using MapReduce and more in parallel. Thanks to Broadway, you will see how easy it is to integrate with popular message broker systems, or even existing GenStage producers. --

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3. Record Nr.	UNINA9910136234703321
Autore	Mudd Jack
Titolo	Jack of all trades / / Jack Mudd
Pubbl/distr/stampa	Solon, : Audioshelf, 2016
ISBN	0-9946867-6-5
Edizione	[Unabridged.]
Descrizione fisica	1 online resource (13 audio files) : digital
Classificazione	BIO026000
Altri autori (Persone)	GalleyAdrian
Soggetti	Nonfiction Biography & Autobiography
Lingua di pubblicazione	Inglese
Formato	Audiolibro
Livello bibliografico	Monografia
Note generali	Unabridged.
Sommario/riassunto	A fantastic story that takes you on a rollercoaster of an adventure through the African bush and beyond. - The Watermark Press Jack of All Trades is about the early life of wildlife expert, fisherman, and raconteur par excellence Jack Mudd, covering his school days and early adventures in mining and construction to a major period of his seagoing days. The book provides a wonderful series of vivid descriptions, humorous incidents, and striking portraits of humanity at large in Jack's inimitable style of South African English. A true reflection of days when men were men and the lions were nervous. ©2014 Jack Mudd (P)2015 Audioshelf