

1. Record Nr.	UNISA996466563103316
Autore	Triantafyllopoulos Kostas
Titolo	Bayesian inference of state space models : Kalman filtering and beyond // Kostas Triantafyllopoulos
Pubbl/distr/stampa	Cham, Switzerland : , : Springer International Publishing, , [2021] ©2021
ISBN	9783030761240 9783030761233
Descrizione fisica	1 online resource (503 pages)
Collana	Springer Texts in Statistics
Disciplina	629.8312
Soggetti	Kalman filtering Bayesian statistical decision theory - Data processing Filtre de Kalman Estadística bayesiana Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr.	UNINA9910788292103321
Autore	Zuckoff Allan <1960->
Titolo	Finding your way to change : how the power of motivational interviewing can reveal what you want and help you get there // Allan Zuckoff, with Bonnie Gorscak; foreword by William R. Miller and Stephen Rollnick
Pubbl/distr/stampa	New York, New York ; ; London, [England] : , : The Guilford Press, , 2015 ©2015
ISBN	1-4625-2084-7 1-4625-2040-5
Descrizione fisica	1 online resource (282 p.)
Classificazione	PSY036000SEL031000MED105000SOC025000
Disciplina	158.1
Soggetti	Change (Psychology) Motivation (Psychology) Interviewing - 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 and index.
Nota di contenuto	Cover; Half Title Page; Title Page; Copyright; Dedication; Contents; Foreword; Acknowledgments; A Note on Authorship; Prelude: Considering Change; I. You Don't Have to Change; 1. Being Ambivalent; 2. The Pressure Paradox; 3. The Other Side of the Pressure Paradox; II. Do You Want to Change? Can You Change?; First Interlude: The Language of Change; 4. Exploring the Importance of Change to You; 5. Exploring Your Confidence for Change; 6. Exploring Your Personal Values; Second Interlude: Ready or Not?; III. Finding YOUR Way to Change; Third Interlude: Planning for Change; 7. Developing Your Plan 8. Revisiting, Revising, and Regrouping9. The Far Side of Change; Appendix. The History and Science of Motivational Interviewing; Resources; Index; About the Authors
Sommario/riassunto	Are you tired of being told by others--self-help books included--what you should do? Drs. Allan Zuckoff and Bonnie Gorscak understand. That's why this book is different. Whether it's breaking an unhealthy habit, pursuing that dream job, or ending harmful patterns in

relationships, the key to moving ahead with your life lies in discovering what direction is truly right for you, and how you can get there. The proven counseling approach known as motivational interviewing (MI) can help. Drs. Zuckoff and Gorscak present powerful self-help strategies and practical tools that help you understand why
