

1. Record Nr.	UNINA9910789113703321
Titolo	The ACT matrix : a new approach to building psychological flexibility across settings & populations // edited by Kevin L. Polk, PhD, Benjamin Schoendorff, MA, MSc ; foreword by Kelly G. Wilson, PhD
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, Inc., , [2014] ©2014
ISBN	1-4619-5732-X 1-60882-924-3
Descrizione fisica	1 online resource (281 p.)
Altri autori (Persone)	PolkKevin L. <1955-> SchoendorffBenjamin
Disciplina	616.89/1425
Soggetti	Acceptance and commitment therapy Mental illness - Psychological aspects Adaptability (Psychology)
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	part 1. Understanding the matrix -- part 2. Populations and settings -- part 3. The matrix outside the box.
Sommario/riassunto	Edited by clinical psychologists and popular ACT workshop leaders Kevin Polk and Benjamin Schoendorff, The ACT Matrix fuses the six core principles of acceptance and commitment therapy (ACT) into a simplified, easy-to-apply approach. This essential book shows professionals and general readers how this approach can be used to treat a variety of disorders-such as anxiety, depression, substance abuse, trauma, and eating disorders-in a variety of settings and contexts. Professionals will also learn how to work more effectively with difficult clients and increase clients' psychological

2. Record Nr.	UNINA9910794223503321
Autore	Thumann Albert
Titolo	Handbook of energy engineering // Albert Thumann, D. Paul Mehta
Pubbl/distr/stampa	Gistrup, Denmark : , : River Publishers, , 2020
ISBN	1-00-315171-X 87-7022-302-5 1-003-15171-X
Edizione	[Seventh edition.]
Descrizione fisica	1 online resource (451 pages)
Disciplina	621.042
Soggetti	Power (Mechanics) Power resources
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Codes, Standards & Legislation. Energy Economic Analysis. Energy Auditing & Accounting. Electrical System Optimization. Waste Heat Recovery. Utility System Optimization. Heating, Ventilation, Air Conditioning & Building System Optimization. HVAC Equipment. Cogeneration: Theory & Practice. Control Systems. Energy Management. Compressed Air System Optimization. Financing Energy Projects. Energy, Environmental & Quality Management Standards.
Sommario/riassunto	With new chapters on electrical system optimization and ISO 50001, this edition covers the latest updates to codes and standards in the energy industry. It includes chapters on energy economic analysis, energy auditing, waste heat recovery, utility system optimization, HVAC, cogeneration, control systems, energy management, compressed air system optimization and financing energy projects. This reference will guide you step by step in applying the principles of energy engineering and management to the design of electrical, HVAC, utility, process and building systems for both new design and retrofit projects. The text is thoroughly illustrated with tables, graphs, diagrams and sample problems.