

1. Record Nr.	UNINA9910716668903321
Autore	Krekel Bryan A.
Titolo	Occupying the information high ground : Chinese capabilities for computer network operations and cyber espionage / / Bryan Krekel, Patton Adams, George Bakos
Pubbl/distr/stampa	[Washington, D.C.] : , : U.S.-China Economic and Security Review Administration, , 2012
Descrizione fisica	1 online resource (136 pages)
Soggetti	Cyberspace - Government policy - China Computer crimes - China Cyberterrorism - China Information warfare - China Internet in espionage - China Telecommunication - Research - China Computer crimes Cyberspace - Government policy Cyberterrorism Information technology Information warfare Internet in espionage Telecommunication - Research China
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"Prepared for the U.S.-China Economic and Security Review Commission by Northrop Grumman Corp." "March 7, 2012."
Nota di bibliografia	Includes bibliographical references (pages 118-136).

2. Record Nr.	UNINA9910790531603321
Autore	Tolin David F
Titolo	Buried in treasures : help for compulsive acquiring, saving, and hoarding // David F. Tolin, Randy O. Frost, Gail Steketee
Pubbl/distr/stampa	Oxford : , : Oxford University Press, , [2014] ©2014
ISBN	0-19-060142-6 0-19-932927-3 0-19-932926-5
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (219 p.)
Collana	Treatments That Work Treatments that work
Disciplina	616.85/227 616.85227 616.8522706
Soggetti	Obsessive-compulsive disorder Compulsive hoarding
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- What is hoarding? -- Do I have a problem with hoarding? -- Meet the bad guys -- Meet the good guys : strategies for beating hoarding -- How did this happen? -- Enhancing motivation -- Reducing acquiring -- Sorting/discarding : getting ready -- Sorting/discarding : let's go! -- Here come the bad guys : part 1, motivation and working time -- Here come the bad guys : part 2, taking on your brain -- Maintaining your success.
Sommario/riassunto	While most people find it relatively easy to manage their possessions, some find it extremely difficult. If you have a problem resisting the urge to acquire and you find your home cluttered and filled to capacity with items many people would find useless and unnecessary, you may suffer from a condition known as hoarding disorder. Hoarding is a behavioral problem consisting of clutter, difficulty discarding items, and excessive buying or acquiring. Hoarding is often associated with significant reduction in quality of life, and in extreme cases, it can pose serious health risks. If you or a love

