

1. Record Nr.	UNINA9910794460603321
Autore	Knaus William J.
Titolo	The cognitive behavioral workbook for anger : a step-by-step program for success / / William J. Knaus
Pubbl/distr/stampa	Oakland, California : , : Impact Publisher, , [2021] ©2021
ISBN	1-68403-433-7 1-68403-434-5
Descrizione fisica	1 online resource (216 pages)
Disciplina	152.47
Soggetti	Cognitive therapy Rational emotive behavior therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Intro -- Contents -- Acknowledgments -- Foreword -- Introduction -- Chapter 1: Anger Angles -- Chapter 2: Six Ways to Combat Anger -- Chapter 3: Pathways to Positive Change -- Chapter 4: Your Perspective Solution -- Chapter 5: Coping with Unfairness -- Chapter 6: Body-Mind Solutions -- Chapter 7: The Frustration-Tension Tolerance Solution -- Chapter 8: Problem-Solving Solutions -- Chapter 9: Assertive Solutions -- Chapter 10: How to Communicate Effectively with Impact -- Chapter 11: Mastery over Anger -- Chapter 12: Top Tips from Anger Experts -- References -- About the Author -- Index.
Sommario/riassunto	Anger experts William Knaus and Irwin Altrous present The Cognitive Behavioral Workbook for Anger. Drawing on the gold standard treatment for anger--cognitive behavioral therapy (CBT)--and informed by the no-nonsense approach of rational emotive behavior therapy (REBT), this workbook offers readers a radically effective anger management tool deeply rooted in scientific research.

2. Record Nr.	UNINA9910790727903321
Titolo	Children and the formal features of television : approaches and findings of experimental and formative research // edited by Manfred Meyer
Pubbl/distr/stampa	Munchen ; ; New York : , : K.G. Saur, , 1983
ISBN	3-11-164108-2
Edizione	[Reprint 2013]
Descrizione fisica	1 online resource (336 p.)
Collana	Communication research and broadcasting ; ; number 6
Altri autori (Persone)	MeyerManfred
Disciplina	305.2/3
Soggetti	Television and children Television broadcasting
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	part I. Children and the formal attributes of television : findings of research, implications for production -- part II. Principles, methods and problems of formative research.

3. Record Nr.	UNICAMPANIAVAN00087882
Autore	Tacitus, Publius Cornelius
Titolo	2.1: Historiarum libros continens / [Tacitus] ; quartum recognovit Carolus Halm
Pubbl/distr/stampa	Lipsiae, : Teubner, 1903
Edizione	[Ed.stereotypa]
Descrizione fisica	219 p. ; 19 cm
Lingua di pubblicazione	Latino
Formato	Materiale a stampa
Livello bibliografico	Monografia