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| 1. Record Nr.           | UNINA9910163893303321                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Autore                  | McKenna Paul <1963->                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Titolo                  | I can make you thin / / Paul McKenna, PH.D ; edited by Michael Neill                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Pubbl/distr/stampa      | Carlsbad, California : , : Hay House, Inc., , 2016<br>©2016                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| ISBN                    | 1-4019-4904-5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Descrizione fisica      | 1 online resource (90 pages) : illustrations, photographs                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Classificazione         | SEL000000HEA019000SEL017000                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Disciplina              | 613.2/5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Soggetti                | Weight loss - Psychological aspects<br>Reducing diets - Psychological aspects<br>Behavior modification                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Lingua di pubblicazione | Inglese                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Formato                 | Materiale a stampa                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Note generali           | Includes index.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Sommario/riassunto      | "Would you like to eat less without feeling like you're missing out? Are you unable to lose those last 10 pounds? Would you like to stop sabotaging yourself? Do you want to feel truly happy with your body? If you've struggled with your weight for too long, let Paul McKenna help you lose weight and change your relationship with food! Diets work for less than 10 percent of people. So it's time to try something new. I Can Make You Thin is a revolutionary weight-loss system that re-patterns your thoughts and behaviors around food to help you take control of your eating. All your decisions about how much you eat take place in your mind--so this remarkable book, which includes a free digital download featuring a powerful guided hypnosis session with Dr. McKenna, reprograms your unconscious mind to change your relationship with food, speed up your metabolism, overcome emotional eating, and instantly stop cravings. If you find it hard to say no to second helpings, this system can make it easy. If you get discouraged about your weight, this system can give you hope. And if you have zero motivation to exercise, it can get you moving with ease. Dr. McKenna's system will help you start losing weight right away, and you can use the techniques and the hypnosis session again and again as you go all the way to your ideal shape and size. It's a system so simple that most |

people can't believe it will work for them. The best part is, you don't have to believe--you just have to follow the instructions and watch your life start to change for the better"--

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| 2. Record Nr.           | UNINA9910791151903321                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Titolo                  | Migration and health : a research methods handbook / / edited by Marc B. Schenker, Xochitl Castaneda, Alfonso Rodriguez-Lainz                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Pubbl/distr/stampa      | Oakland, California : , : University of California Press, , 2014<br>©2014                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| ISBN                    | 0-520-27795-3<br>0-520-95849-7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Descrizione fisica      | 1 online resource (537 p.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Disciplina              | 613.086/912                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Soggetti                | Immigrants - Health and hygiene - Research - Methodology                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 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 at the end of each chapters and index.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Nota di contenuto       | Front matter -- Contents -- Foreword -- 1. Introduction -- 2. Studying Migrant Populations: General Considerations and Approaches -- 3. Life Course Epidemiology: A Conceptual Model for the Study of Migration and Health -- 4. Use of Existing Health Information Systems in Europe to Study Migrant Health -- 5. Use of National Data Systems to Study Immigrant Health in the United States -- 6. The Community-Based Migrant Household Probability Sample Survey -- 7. Respondent-Driven Sampling for Migrant Populations -- 8. Time-Space Sampling of Migrant Populations -- 9. Prior Enumeration: A Method for Enhanced Sampling with Migrant Surveys -- 10. Telephone-Based Surveys -- 11. Case-Control Studies -- 12. Longitudinal Studies -- 13. Ethnographic Research in Migration and Health -- 14. Participant Observation and Key Informant Interviews -- 15. Focus Groups/Group Qualitative Interviews -- 16. Full Circle: The Method of Collaborative Anthropology for Regional and Transnational Research -- 17. Photovoice as a Methodology -- 18. Ethical Issues across the Spectrum of Migration |

and Health Research -- 19. Community-Based Participatory Research: A Promising Approach for Studying and Addressing Immigrant Health -- 20. Occupational Health Research with Immigrant Workers -- 21. Methodological Recommendations for Broadening the Investigation of Refugees and Other Forced Migrants -- 22. Working Internationally -- 23. Binational Collaborative Research -- 24. Ensuring Access to Research for Nondominant Language Speakers -- 25. Extended Case Study: A Mixed-Methods Approach to Understanding Internal Migrant Access to Health Care and the Health System's Response in India -- Contributors -- Index

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## Sommario/riassunto

The study of migrant populations poses unique challenges owing to the mobility of these groups, which may be further complicated by cultural, educational, and linguistic diversity as well as the legal status of their members. These barriers limit the usefulness of both traditional survey sampling methods and routine public health surveillance systems. Since nearly 1 in 7 people in the world is a migrant, appropriate methodological approaches must be designed and implemented to capture health data from populations. This effort is particularly important because migrant populations, in comparison to other populations, typically suffer disparities related to limited access to health care, greater exposure to infectious diseases, more occupational injuries, and fewer positive outcomes for mental health and other health conditions. This path-breaking handbook is the first to engage with the many unique issues that arise in the study of migrant communities. It offers a comprehensive description of quantitative and qualitative methodologies useful in work with migrant populations. By providing information and practical tools, the editors fill existing gaps in research methods and enhance opportunities to address the health and social disparities migrant populations face in the United States and around the world.

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