

1. Record Nr.	UNINA9910793607403321
Titolo	Handbook of mindfulness-based programmes : mindfulness interventions from education to health and therapy // edited by Itai Ivtzan
Pubbl/distr/stampa	Abingdon, Oxon ; ; New York, NY : , : Routledge, , 2020
ISBN	1-315-26543-5 1-351-96715-0 1-351-96716-9
Descrizione fisica	1 online resource (442 pages)
Disciplina	158.13
Soggetti	Mindfulness (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>Handbook of Mindfulness-Based Programmes: Mindfulness Interventions from Education to Health and Therapy offers the first comprehensive guide to all prominent, evidence-based mindfulness programmes available in the West. The rapid growth of mindfulness in the Western world has given rise to an unprecedented wave of creative mindfulness programmes, offering tailor-made mindfulness practices for school teachers, students, parents, nurses, yoga teachers, athletes, pregnant women, therapists, care-takers, coaches, organisational leaders and lawyers. This book offers an in-depth engagement with these different programmes, emphasising not only the theory and research but also the practice. Exercises and activities are provided to enable the reader to first understand the programme and then experience its unique approach and benefits. Handbook of Mindfulness-Based Programmes will enrich your knowledge and experience of mindfulness practice, whether you are a practitioner, researcher or simply interested in the application of mindfulness.</p>

2. Record Nr.	UNICAMPANIAVAN00294623
Autore	Haben, Stephen
Titolo	Core Concepts and Methods in Load Forecasting : With Applications in Distribution Networks / Stephen Haben, Marcus Voss, William Holderbaum
Pubbl/distr/stampa	Cham, : Springer, 2023
ISBN	978-30-312-7851-8
Descrizione fisica	XV, 331 p. ; 24 cm
Altri autori (Persone)	Holderbaum, William Voss, Marcus
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia