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| 1. Record Nr.           | UNINA9910794406703321                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Autore                  | Crawford Paul <1963->                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Titolo                  | Cabin fever : surviving lockdown in the coronavirus pandemic / / by Paul Crawford, Jamie Orion Crawford                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Pubbl/distr/stampa      | Bingley, England : , : Emerald Publishing, , [2021]<br>©2021                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| ISBN                    | 1-80071-352-5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Descrizione fisica      | 1 online resource (xiii, 152 pages) : illustrations                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Collana                 | SocietyNow                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Disciplina              | 302.545                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Soggetti                | Social isolation - Psychological aspects                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Lingua di pubblicazione | Inglese                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Formato                 | Materiale a stampa                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Nota di contenuto       | Cover -- CABIN FEVER -- SocietyNow -- CABIN FEVER: Surviving Lockdown in the Coronavirus Pandemic -- Copyright -- Dedication -- CONTENTS -- ABOUT THE AUTHORS -- ACKNOWLEDGEMENTS -- 1. The Greatest Confinement in History -- Social Isolation -- Mental Health -- Solitary Confinement -- Diverse Lockdown -- Altered Soundscapes -- Lockdown Benefits -- Cabin Fever Rising -- 2. A Brief History of Cabin Fever -- Origins -- Definitions -- 3. Cabin Fever Cases -- On Land -- At Sea -- In the Air -- In Space -- 4. Antidotes to Cabin Fever -- Green or Nature-Based Remedies -- Accepting the New Normal -- Social Connectedness -- Goal Setting and Purpose -- Sanctuary versus Prison -- Looking after the Body -- Creative Survival -- 5. Conclusion -- REFERENCES -- INDEX. |
| Sommario/riassunto      | Cabin fever occurs at sea, on land, in the air, in space. Principally, it occurs in our minds. This book examines 'cabin fever' in the wake of the coronavirus pandemic and the greatest confinement of people to their homes in history. It provides a timely account of the threat of cabin fever during lockdown.                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |