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| 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]<br>©2021   |
| ISBN                    | 1-68403-433-7<br>1-68403-434-5  |
| Descrizione fisica      | 1 online resource (216 pages)   |
| Disciplina              | 152.47  |
| Soggetti                | Cognitive therapy<br>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.   |

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| 2. Record Nr.           | UNINA9910983304303321  |
| Autore                  | Diestel Reinhard   |
| Titolo                  | Graph Theory // by Reinhard Diestel  |
| Pubbl/distr/stampa      | Berlin, Heidelberg : , : Springer Berlin Heidelberg : , : Imprint : Springer, , 2025   |
| ISBN                    | 9783662701072<br>3662701073  |
| Edizione                | [6th ed. 2025.]  |
| Descrizione fisica      | 1 online resource (XX, 455 p.)   |
| Collana                 | Graduate Texts in Mathematics, , 2197-5612 ; ; 173   |
| Disciplina              | 511.1  |
| Soggetti                | Discrete mathematics<br>Computer science - Mathematics<br>Discrete Mathematics<br>Mathematical Applications in Computer Science  |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
| Nota di contenuto       | The Basics -- Matching Covering and Packing -- Connectivity -- Planar Graphs -- Colouring -- Flows -- Extremal Graph Theory -- Infinite Graphs -- Ramsey Theory for Graphs -- Hamilton Cycles -- Random Graphs -- Graph Minors.  |
| Sommario/riassunto      | This standard textbook on modern graph theory combines the authority of a classic with the engaging freshness of style that is the hallmark of active mathematics. It covers the core material of the subject, with concise yet complete proofs, while offering glimpses of more advanced methods in each field via one or two deeper results. This is a major new edition. Among many other improvements, it offers additional tools for applying the regularity lemma, brings the tangle theory of graph minors up to the cutting edge of current research, and addresses new topics such as chi-boundedness in perfect graph theory. The book can be used as a reliable text for an introductory graduate course and is also suitable for self-study. From the reviews: "Deep, clear, wonderful. This is a serious book about the heart of graph theory. It has depth and integrity." Persi Diaconis & Ron Graham, SIAM Review "The book has received a very enthusiastic reception, which it amply deserves. A masterly elucidation of modern graph theory." |

Bulletin of the Institute of Combinatorics and its Applications "Succeeds dramatically ... a hell of a good book." MAA Reviews "... like listening to someone explain mathematics." Bulletin of the AMS .

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