

1. Record Nr.	UNINA9910460050603321
Titolo	New directions in aging research [[electronic resource]] : health and cognition / / Ruby R. Brougham, editor
Pubbl/distr/stampa	New York, : Nova Biomedical Books, c2009
ISBN	1-61728-547-1
Descrizione fisica	1 online resource (220 p.)
Collana	Aging issues, health and financial alternatives series
Altri autori (Persone)	BroughamRuby R
Disciplina	618.97/683
Soggetti	Senile dementia Cognition in old age Electronic books.
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 and index.
Nota di contenuto	Health factors and cognitive aging / Robert Krikorian -- Adult BMI and dimensions of psychological well-being : the role of gender / Jamila Bookwala and Jenny Boyar -- Dyadic intervention for persons with early-stage dementia : a cognitive rehabilitation focus / Maureen Schmitter-Edgecombe ... [et al.] -- Living well with MCI : behavioral interventions for older adults with mild cognitive impairment / Adriana M. Seelye ... [et al.] -- Multidimensional pain assessment in geriatric oncology : an innovative approach / Chih-Hung Chang -- Health literacy and older adults : understanding cognitive and emotional barriers / Lisa Sparks and Ruby R. Brougham -- Age differences in response to time pressures on information processing during decision making / Mitzi Schumacher and Joy M. Jacobs-Lawson -- Future time perspective : health, income, and age / Ruby R. Brougham and Richard S. John -- Goals for retirement : content, structure and process / Douglas A. Hershey and Joy M. Jacobs-Lawson.

2. Record Nr.	UNINA9910795413403321
Autore	Dasgupta Amitava <1958->
Titolo	The science of stress management : a guide to best practices for better well-being / / Amitava Dasgupta
Pubbl/distr/stampa	Lanham : , : Rowman & Littlefield, , [2018] ©2018
ISBN	1-5381-0121-1
Descrizione fisica	1 online resource
Disciplina	155.9042
Soggetti	Stress (Psychology) Stress management Well-being
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Contents -- Preface -- Chapter 1. Adverse Effects of Stress on Mind and Body -- Chapter 2. Do Women Have Better Coping Skills in Response to Stress? -- Chapter 3. Pets Are Natural Stress Busters -- Chapter 4. Child Development and Social Influences on Stress: Relief through Social Networking, Volunteering, Laughter, and Taking a Vacation -- Chapter 5. Exercise, Yoga, and Meditation for Stress Management -- Chapter 6. Aromatherapy, Massage, Reiki, and Music for Stress Management -- Chapter 7. Making Love to Your Spouse/Romantic Partner-A Great Stress Buster -- Chapter 8. Balanced Diet for Prevention of Chronic Diseases and Stress Management -- Chapter 9. Drinking in Moderation for Stress Relief -- Chapter 10. Stress Relief and Other Health Benefits of Chocolate -- Notes -- Index -- About the Author.
Sommario/riassunto	Stress is killing us; everyday people seek out more and more methods for managing the various manifestations of stress. But what really works? What does science show us about the root causes and processes of stress? Here, Dasgupta shows us where stress comes from and how it works, and what works best to combat it.