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Autore	Cayoun Bruno A.
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Comments

References Chapter 5 Week 2: Regulating Attention and Gaining Mastery Over Your Mind; Definition and Purpose of Mindfulness; Practice Set-Up; Mindfulness of Breath; This Week's Practice; Frequently Asked Questions; Proceeding With the Next Chapter; References; Chapter 6 Learning About Your Mind; Wired to Think; Three Internal Causes of Intrusive Thoughts; Co-emergence in Dreams; Applied Practice: The "Right" Effort; Concluding Comments; Proceeding with the Next Chapter; References; Chapter 7 Week 3: Understanding and Regulating Emotions; Checking Your Readiness; Mindfulness of Body Sensations Equanimity: The Power Within This Week's Practice; Frequently Asked Questions; Proceeding with the Next Chapter; References; Chapter 8 The Deeper Nature of Your Emotions; The Basis of Emotional Experiences; Integrating Impermanence through Body Scanning; Preventing Craving and Aversion; Body Sensations and Trauma; Neuroplasticity; Concluding Comments; Proceeding with the Next Chapter; References; Chapter 9 Week 4: Applying Mindfulness Skills in Daily Life; Checking Your Readiness; Increasing Productivity; Integrating Egolessness through Body Scanning; Applied Practice Recording Your Emotions in Daily Life Measuring Progress with Equanimity; This Week's Practice; Frequently Asked Questions; Proceeding with the Next Chapter; References; Step 2 Exposure Stage; Chapter 10 Week 5: Regulating Behavior to Overcome Avoidance; Checking Your Readiness; The Main Purpose of Advanced Scanning; Symmetrical Scanning; Externalizing Your Skills; Stage 2 of MiCBT: Decreasing Avoidance and Freeing Yourself to Act; Mindful Exposure; This Week's Practice; Frequently Asked Questions; Proceeding with the Next Chapter; References; Chapter 11 Week 6: Improving Self-Confidence Checking Your Readiness

Sommario/riassunto

This is a clear, streamlined guide to using Mindfulness-integrated Cognitive Behavior Therapy (MiCBT) to improve well-being and manage a range of personal and interpersonal difficulties. Integrates the core principles of Eastern mindfulness with the Western evidence-based principles of CBT. Provides simple and practical, step-by-step guidance to understanding and implementing the four stages of MiCBT with helpful FAQ sections, success stories from patients, and free access on the companion website to the author's MP3 audio instructions for basic and advanced mindfulness meditation techniques. Written by Dr. Mark Williams, a leading expert in MiCBT, this book is an essential resource for mental health professionals and anyone looking to improve their mental health and well-being.

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Autore	Taylor Paul
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Nota di contenuto	Introduction -- The Trickle up Effect: What is the State for? -- How the Somewhat Better-Off Became Much Worse Off and Why it Made Them Angry -- The Strange Ways of Spending and Saving Public Money in Britain and Their Consequences -- Projecting the Trends: Another Dystopia? -- How the Bubble was Inflated in Britain - and Elsewhere - and the Trouble it Caused -- In the Company of the Uber-Capitalists: Living with the Extremely Rich -- Good Things and Bad Things: The New Front -- A Modern Walden: Genteel Poverty and Being Comfortably Off -- Changing Course: How to Fix it.
Sommario/riassunto	"This book considers the social and economic damage wrought by neo-liberalism, in Britain and beyond. Paul Taylor analyses the effects of the increasing inequalities of income and wealth in recent years, concluding that a wide range of problems for the middle sections of society can be traced to the appearance of a class of the 'ber-rich', the example they set and the demands they make. He takes the view that what has happened is the opposite of the much vaunted 'trickle-down

effect'; there is actually a 'trickle-up effect' not only in the distribution of wealth but also in the ownership of property and access to education, medicine and the law. He goes on to look at the government's failure to deal effectively with these problems, putting them in the context of the need to deal with the threat of terrorism and the effects of globalization. The book is highly relevant to the current crisis in the global financial system, especially with regard to its effects in the UK and USA, but it places that crisis in the context of wider developments."--Bloomsbury Publishing.

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Altri autori (Persone)

KayHelen H
NelsonD. Michael
WangYuping, MD

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Nota di contenuto

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Sommario/riassunto

The Placenta: From Development to Disease examines research into placental function and its clinical implications to provide a springboard for improving clinical practice and enhancing medical research. Influential information is extracted from the compelling narrative by the use of 'take home' features including: Clinical Pearls - point to important issues in clinical practiceResearch Spotlights - highlight key insights into placental understandingTeaching Points - explain basic concepts for novice readers The Placenta: From Development to Disease is ideal
