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Autore	Cayoun Bruno A.
Titolo	Mindfulness-integrated CBT for well-being and personal growth : four steps to enhance inner calm, self-confidence and relationships / / Bruno A. Cayoun
Pubbl/distr/stampa	Chichester, West Sussex : , : John Wiley & Sons Inc., , 2015
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Descrizione fisica	1 online resource (305 p.)
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Nota di contenuto	Mindfulness-integrated CBT for Well-being and Personal Growth: Four Steps to Enhance InnerCalm, Self-Confidenceand Relationships; Copyright; Contents; About the Author; Foreword; Acknowledgements; Introduction; How to use this book; References; Step 1 Personal Stage; Chapter 1 Committing to Learn and Change; Beliefs and Faith; Intellectual Evaluation; Direct Experience; Writing a "Change Contract"; The Four Stages of the MiCBT Program; Accesssing the Tools; References; Chapter 2 Week 1: Establishing Self-Care and Feeling Grounded; Mindfulness of the Body; Progressive Muscle Relaxation Frequently Asked QuestionsProceeding with the Next Chapter; Alternative Application; References; Chapter 3 Inheritance and Maintenance of Unhappiness; The Nature and Origin of Suffering; Law of Impermanence: Trigger for Suffering; Craving and Aversion; Reinforcing Factors for Suffering; Unawareness: Maintaining Factor for Suffering; The Sense of Self in Neuroscience Research; Concluding Comments; References; Chapter 4 Integrating Western Science and Eastern Wisdom; Mental Functions and their Relationship with Who We Are; System in Disequilibrium; The Role of Mindfulness; Concluding

## 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

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## 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 a valuable resource for mental health professionals, students, and anyone looking to improve their mental health and well-being through mindfulness and cognitive behavior therapy.

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2. Record Nr.	UNINA9910132635203321
Autore	Taylor Paul
Titolo	The careless state : wealth and welfare in Britain today / / Paul Taylor
Pubbl/distr/stampa	London : , : Bloomsbury Academic, , 2010
ISBN	9781849661003 1849661006
Descrizione fisica	1 online resource (ix, 230 pages)
Soggetti	Economic development - Great Britain Income distribution - Great Britain Public welfare - Great Britain Wealth - Moral and ethical aspects Wealth - Great Britain Welfare economics Welfare state - Great Britain
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Nota di bibliografia	Includes bibliographical references and index.
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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The placenta : from development to disease / / edited by Helen H. Kay, D. Michael Nelson, Yuping Wang

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**Soggetti**

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**Nota di contenuto**

The Placenta : From Development to Disease; Contents; List of

Contributors; Preface; Part I Fetal Origins of Adult Disease/Programming; 1 Maternal Undernutrition and Fetal Programming: Role of the Placenta; 2 Cardiovascular Health and Maternal Placental Syndromes; Part II Placental Development, Physiology, and Immunology; 3 Development and Anatomy of the Human Placenta; 4 Immunologic Aspects of Pregnancy; 5 Vascular Development in the Placenta; 6 Hypoxia and the Placenta; 7 Placental Metabolism; 8 Placental Hormones: Physiology, Disease, and Prenatal Diagnosis  
9 Placental Transfer in Health and Disease10 Placental Fat Trafficking; 11 Maternal-Fetal Cell Trafficking and Microchimerism; 12 Imprinting in the Human Placenta; 13 Placental Membranes and Amniotic Fluid Retention; Part III Examination of the Placenta, Membranes, and Cord; 14 Examination of the Placenta, Membranes and Cord; 15 The Umbilical Cord; 16 Ultrasound Imaging and Doppler Studies of the Placenta; 17 Magnetic Resonance Imaging (MRI) and Positron Emission Tomography (PET) of the Placenta; 18 Chorionic Villus Sampling and Amniocentesis; 19 Cordocentesis and Fetoscopy  
Part IV Research Techniques to Study the Placenta20 Trophoblast Isolation and Culture; 21 Isolation and Culture of Human Umbilical Vein Endothelial Cells; 22 Perfusion Technique for Studying the Placenta Cotyledon; 23 Three-Dimensional Culture Modeling of the Placenta; 24 The Use of Ultrasound Contrast Agents in Placental Imaging; 25 Microscopy and the Placenta; 26 Proteomics and the Placenta; 27 Stable Isotope Methodologies for the Study of Transport and Metabolism In Vivo; Part V Medical Diseases and Complications; 28 The Role of the Placenta in Autoimmune Disease and Early Pregnancy Loss  
29 The Placenta in Preterm Prelabor Rupture of Membranes and Preterm Labor30 Diabetes and the Placenta; 31 Placental Origins of Intrauterine Growth Restriction; 32 The Placenta in Preeclampsia; 33 Thrombophilia and the Placenta; 34 Infections in the Placenta; 35 Aneuploidy and Polyploidy; 36 Gestational Trophoblastic Disease and Placental Tumors; 37 Multiple Gestation and Twin-Twin Transfusion Syndrome; 38 Previa and Abruptio; 39 The Placenta as a Functional Barrier to Fetal Drug Exposure; 40 Placental Drug Transport; Part VI Future Clinical Applications; 41 Umbilical Cord Blood Banking  
42 Stem Cells from the Placenta43 Fetal DNA, RNA, and Prenatal Diagnosis; Index

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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

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