

1. Record Nr.	UNINA9910813111403321
Autore	Yau Julie Brown
Titolo	The body awareness workbook for trauma : release trauma from your body, find emotional balance, and connect with your inner wisdom // Julie Brown Yau
Pubbl/distr/stampa	Oakland, California : , : New Harbinger Publications, , [2019] ©2019
ISBN	1-68403-326-8
Descrizione fisica	1 online resource (209 pages)
Disciplina	615.8528
Soggetti	Mind and body therapies
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	The Body Awareness Workbook for Trauma presents a comprehensive mind-body approach to healing trauma that invites readers to reconnect with their body's innate capacity for healing, growth, vitality, and joy. Readers learn to move past their trauma toward posttraumatic growth, balance their emotions, and transform the dark side of trauma into body awareness and spiritual fulfillment.

2. Record Nr.	UNICAMPANIAVAN0256270
Autore	Devlin, Keith J.
Titolo	The Souslin Problem / Keith J. Devlin, Havard Johnsbråten
Pubbl/distr/stampa	Berlin, : Springer, 1974
Descrizione fisica	viii, 132 p. ; 24 cm
Altri autori (Persone)	Johnsbråten, Havard
Soggetti	03-XX - Mathematical logic and foundations [MSC 2020] 03E35 - Consistency and independence results [MSC 2020] 03E15 - Descriptive set theory [MSC 2020] 03E50 - Continuum hypothesis and Martin's axiom [MSC 2020] 03C30 - Other model constructions [MSC 2020]
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia