

1. Record Nr.	UNISA996393769303316
Autore	Torshell Samuel <1604-1650.>
Titolo	The hypocrite discovered and cvred [[electronic resource] ] : the definition, the kindes, the subject, the symptoms of hypocrisie : the prognosticks, the causes, the cure of hypocrisie : most seasonable for these times of happy designe for reformation : in two books // by Samuell Torshell ; with an epistle to the Assembly of Divines about the discerning of spirits
Pubbl/distr/stampa	London, : Printed by G.M. for John Bellamy ..., 1644
Descrizione fisica	[14], 153, [7] p
Soggetti	Hypocrisy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Reproduction of original in Thomason Collection, British Library.
Sommario/riassunto	eebo-0158

2. Record Nr.	UNINA9910813338303321
Autore	Plumez Jacqueline Hornor
Titolo	The bitch in your head : how to finally squash your inner critic // Dr. Jacqueline Hornor Plumez
Pubbl/distr/stampa	Lanham, Maryland : , : Taylor Trade Publishing, , 2015 ©2015
Descrizione fisica	1 online resource (200 p.)
Disciplina	158.1
Soggetti	Criticism, Personal Self-talk Negativism Women - Psychology Self-esteem in women
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.
Nota di contenuto	""CONTENTS""; ""Chapter 1. INTRODUCING THE BITCH""; ""Chapter 2. LITTLE BITCH: It Can Start in Childhood""; ""Chapter 3. BEAUTY AND THE BITCH: Inner Ugliness""; ""Chapter 4. BITCH OF A DATE: The Bitch Makes Three a Crowd""; ""Chapter 5. BITCH AND CHAIN: Divorce The Bitch Instead of Your Mate""; ""Chapter 6. THE PARENTING BITCH: Give Her a Time-Out""; ""Chapter 7. THE BITCH AT WORK: How Not to Get Promoted""; ""Chapter 8. SPORTY BITCH: What Makes Athletes Lose""; ""Chapter 9. THE BLAME BITCH: Mistakes, Failure, and Inequity"" ""Chapter 10. THE BITCH AT NIGHT: Sleep Tight, Don't Let The Bitch Bite"" ""Chapter 11. THE PARTY BITCH: Never Invite Her""; ""Chapter 12. BITCH-A-PHOBIA: She's Really Scary""; ""Chapter 13. SICK BITCH: Some of It's in Your Head""; ""Chapter 14. THE BITCH IN SOMEONE ELSE'S HEAD: Self-Protection""; ""Chapter 15. OLD BITCH: Spoiling the Golden Years""; ""Chapter 16. DING DONG, THE BITCH IS DEAD: (And How to Keep Her That Way)""; ""LET'S HELP EACH OTHER""; ""BOOK GROUP QUESTIONS""; ""ACKNOWLEDGMENTS""; ""BIBLIOGRAPHY""; ""ABOUT THE AUTHOR""
Sommario/riassunto	Do you ever find yourself thinking, how could you be so stupid, you

look fat, or you're a horrible mother? Are you afraid people will find out you've fooled them into thinking you're competent? If you're guilty of expressing these types of discouraging messages, then you have a bitch in your head. This self-critical behavior can wreak havoc with your life-it can keep you from getting the love you want, the raise you deserve, or even a good night's sleep. Dr. Plumez began to notice a pattern with her patients being too hard on themselves. She found that gentler approaches didn't work, but when s

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