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ISBN	0-7844-7787-6
Descrizione fisica	1 online resource (118 p.)
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Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"ASCE Standard ANSI/ASCE/T&DI 21-13."
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	""Cover""; ""Contents""; ""Standards""; ""Foreword""; ""Acknowledgments""; ""1 General""; ""1.1 Scope""; ""1.2 Existing Applications""; ""1.3 New Applications""; ""1.4 Reference Standards""; ""1.5 Definitions""; ""2 Operating Environment""; ""2.1 Ambient Conditions""; ""2.2 Induced Environmental Parameters""; ""3 Safety Requirements""; ""3.1 System Safety Program""; ""3.2 Safety Principles""; ""3.3 ATC System Fail-Safe Design""; ""3.4 Verification and Validation""; ""3.5 ATC System Mean Time Between Hazardous Events""; ""3.6 Commentary on Chapter 3.0 and Subparts""; ""4 System Dependability"" ""4.1 Service Reliability""""4.2 Service Maintainability""; ""4.3 Service Availability""; ""5 Automatic Train Control""; ""5.1 Automatic Train Protection (ATP) Functions""; ""5.2 Automatic Train Operation (ATO) Functions""; ""5.3 Automatic Train Supervision (ATS) Functions""; ""5.4 Manual Operation Limitations""; ""6 Audio and Visual Communications""; ""6.1 Audio Communication""; ""6.2 Video Surveillance""; ""6.3 Passenger Information Devices""; ""7 Vehicles""; ""7.1 Vehicle Capacity and Load""; ""7.2 Vehicle Dynamic Envelope""; ""7.3 Clearance in Stations""; ""7.4 Vehicle Structural Design"" ""7.5 Coupling""""7.6 Suspension and Guidance""; ""7.7 Passenger Comfort""; ""7.8 Doors, Access, and Egress""; ""7.9 Windows""; ""7.10 Fire Protection and Flammability""; ""7.11 Lighting""; ""7.12 Electrical Systems""; ""8 Propulsion and Braking""; ""8.1 Propulsion and Braking System Rating""; ""8.2 Propulsion and Braking Methods""; ""8.3 Braking

Functions"; ""8.4 Propulsion and Braking System Component Design"; ""8.5 Installation and Protection"; ""8.6 Controls and Interlocks"; ""8.7 Brake Testing"; ""9 Electrical Equipment"; ""9.1 General"; ""9.2 Traction Power Substation Equipment"
""9.3 Wayside Power Collection""""9.4 Passenger Station Electrical Equipment"; ""9.5 Uninterruptible Power Supply"; ""10 Stations"";
""10.1 Disabled Persons Access Requirements"; ""10.2 Platform Edge Protection"; ""10.3 Evacuation of Misaligned Trains"; ""10.4 Emergency Lighting and Ventilation"; ""10.5 Fire Protection"; ""11 Guideways"";
""11.1 Blue Light Stations"; ""11.2 Intrusion Protection and Detection"";
""11.3 Emergency Evacuation and Access"; ""11.4 Fire Protection"";
""11.5 Signage""; ""11.6 Emergency Lighting and Ventilation""; ""11.7 Emergency Power Supply"
""11.8 Guideway Alignment""""11.9 Structural Criteria"; ""12 Security"";
""12.1 System Security Program"; ""12.2 System Security Program Plan"";
""13 Emergency Preparedness"; ""13.1 Emergency Preparedness Program Plan"";
""13.2 Training and Drills"; ""13.3 Postemergency Incident and Drill Coordination"";
""14 System Verification and Demonstration"; ""14.1 Applicability of Prior Verification"";
""14.2 Methods of Verification"; ""14.3 System Verification Plan"";
""14.4 Minimum Verification Requirements""; ""14.5 Application-Specific Acceptance Requirements""
""15 Operations, Maintenance, and Training""

2. Record Nr.	UNINA9910816413803321
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Titolo	Mindful yoga-based acceptance and commitment therapy : simple postures and practices to help clients achieve emotional balance // Timothy Gordon, Jessica Borushok with Steve Ferrell
Pubbl/distr/stampa	Oakland, CA : , : Context Press, an imprint of New Harbinger Publications, Inc., , [2019] 2019
ISBN	1-68403-236-9 1-68403-237-7
Descrizione fisica	1 online resource (250 pages)
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Soggetti	Yoga - History
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Sommario/riassunto	The ancient wisdom of yoga meets the evidence-based effectiveness of acceptance and commitment therapy (ACT) in this breakthrough professional guide for both yoga instructors and ACT clinicians. Mindful yoga-based acceptance and commitment therapy (MYACT) is a holistic mind-body program that integrates psychology, yoga, and behavior change. In Mindful Yoga-Based Acceptance and Commitment Therapy, a psychologist, social worker, and yoga instructor team up to offer comprehensive training in MYACT. Using the holistic therapy outlined in this manual, clinicians and yoga instructors alike will discover ways to guide clients toward emotional balance and wellness, with the perspective that healing suffering requires treating both the body and the mind. This unique book offers proven-effective interventions informed by the model of psychological flexibility—the foundational underpinning of modern third-wave cognitive behavioral therapies. Mental health professionals who are interested in yoga, mindfulness, and holistic approaches to health will rejoice in this evidence-based program, while yoga instructors who wish to incorporate well-researched health care interventions into their yoga practice and

teaching will also celebrate this much-needed resource. Whether you are new to yoga or ACT or both, or have a long history with either, this book will provide you with the tools and foundational understanding needed to bring this practice into the scope of yours
