

1. Record Nr.	UNINA9910793206903321
Autore	Nagel Paula (Educational psychologist)
Titolo	The mental health and wellbeing workout for teens : skills and exercises from ACT and CBT for healthy thinking // Paula Nagel
Pubbl/distr/stampa	London ; ; Philadelphia : , : Jessica Kingsley Publishers, , 2019
ISBN	1-78450-753-9
Descrizione fisica	1 online resource (162 pages)
Disciplina	613/0433
Soggetti	Health behavior in adolescence Teenagers - Health and hygiene Acceptance and commitment therapy Cognitive therapy for teenagers
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Part 1: 1. Helpful and unhelpful thinking (aka best friend and frenemy thoughts) -- 2. Unhelpful thoughts in action (Marc's miserable morning) -- 3. Stretch and flex-ercises -- Part 2: 4. Social comparison (aka The self-hater) -- 5. Catastrophising (aka But what if...) -- 6. Black-and-white thinking (aka All-or-nothing thinking) -- 7. Negative filtering (aka Looking through gloomy goggles) -- 8. Perfectionism (aka Unreal ideal) -- 9. Personalisation (aka Over-owning it) -- 10. Mind reading (aka Filling in the blanks) -- 11. Emotional reasoning (aka Feelings rule, Okay!) -- 12. Living the life YOU want to lead.
Sommario/riassunto	This easy-to-understand, engaging guide arms teens with healthy thinking habits and coping strategies for staying on top of their mental health. Using tried and tested therapeutic techniques, readers are given the tools to build their own personalised mental health 'workout' to boost their emotional resilience and wellbeing. Informed by the experiences of teens themselves, this friendly guide gives practical tips and strategies on how to overcome everyday stresses and ditch negative thinking 'frenemies' before they develop into more serious issues. Teens will be better equipped to recognise negative thoughts and emotions, monitor their mood and behaviour, and flex their positive thinking muscles in order to combat the mental health blips we

all face sometimes.

2. Record Nr.	UNINA9910820196303321
Autore	Fairhurst Danielle Stein
Titolo	Financial modeling in excel / / by Danielle Stein Fairhurst
Pubbl/distr/stampa	Hoboken, New Jersey : , : John Wiley & Sons, Inc., , 2017 ©2017
ISBN	1-119-35756-X
Edizione	[1st edition]
Descrizione fisica	1 online resource (339 pages) : illustrations
Collana	For Dummies
Disciplina	332.015195
Soggetti	Finance - Mathematical models
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	Make informed business decisions with the beginner's guide to financial modeling using Microsoft Excel Financial Modeling in Excel For Dummies is your comprehensive guide to learning how to create informative, enlightening financial models today. Not a math whiz or an Excel power-user? No problem! All you need is a basic understanding of Excel to start building simple models with practical hands-on exercises. Before you know it, you'll be modeling your way to optimized profits for your business in no time. Excel is powerful, user-friendly, and is most likely already installed on your computer—which is why it has so readily become the most popular financial modeling software. This book shows you how to harness Excel's capabilities to determine profitability, develop budgetary projections, model depreciation, project costs, value assets, and more. You'll learn the fundamental best practices and know-how of financial modeling, and how to put them to work for your business and your clients. You'll learn the tools and techniques that bring insight out of the numbers and make better business decisions based on quantitative evidence. You'll discover that financial modeling is an invaluable resource for your business, and you'll wonder why you've waited this long to learn how!

Companies around the world use financial modeling for decision making, to steer strategy, and to develop solutions. This book walks you through the process with clear, expert guidance that assumes little prior knowledge. Learn the six crucial rules to follow when building a successful financial model Discover how to review and edit an inherited financial model and align it with your business and financial strategy Solve client problems, identify market projections, and develop business strategies based on scenario analysis Create valuable customized templates models that can become a source of competitive advantage From multinational corporations to the mom-and-pop corner store, there isn't a business around that wouldn't benefit from financial modeling. No need to buy expensive specialized software—the tools you need are right there in Excel. Financial Modeling in Excel For Dummies gets you up to speed quickly so you can start reaping the benefits today!
