

1. Record Nr.	UNINA9910451960903321
Titolo	Creating military power [[electronic resource] ] : the sources of military effectiveness // edited by Risa A. Brooks and Elizabeth A. Stanley
Pubbl/distr/stampa	Stanford, Calif., : Stanford University Press, 2007
ISBN	0-8047-6809-9 1-4356-0889-5
Descrizione fisica	1 online resource (262 p.)
Altri autori (Persone)	BrooksRisa StanleyElizabeth A. <1970->
Disciplina	355/.0332
Soggetti	Military readiness Military art and science - History - 20th century Armed Forces - History - 20th century Electronic books.
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 and index.
Nota di contenuto	""Contents""; ""Contributors""; ""Acknowledgments""; ""Introduction: The Impact of Culture, Society, Institutions, and International Forces on Military Effectiveness""; ""Nationalism and Military Effectiveness: Post-Meiji Japan""; ""Social Structure, Ethnicity, and Military Effectiveness: Iraq, 1980-2004""; ""Political Institutions and Military Effectiveness: Contemporary United States and United Kingdom""; ""Civil-Military Relations and Military Effectiveness: Egypt in the 1967 and 1973 Wars""; ""Global Norms and Military Effectiveness: The Army in Early Twentieth-Century Ireland"" ""International Competition and Military Effectiveness: Naval Air Power, 1919-1945""""International Alliances and Military Effectiveness: Fighting Alongside Allies and Partners""; ""Explaining Military Outcomes""; ""Conclusion""; ""Index""
Sommario/riassunto	An examination of how societies, cultures, political structures, and the global environment affect countries' military organisations. Unlike most analyses of countries' military power, which focus on material and basic resources - such as the size of population, technological and industrial base, and gross national product (GNP) - this volume takes a more

expansive view. Its overarching argument is that states' global environments and the particularities of their cultures, social structures, and political institutions often affect how they organize and prepare for war, and ultimately impact their effectiveness in battle.

2. Record Nr.	UNINA9910822506603321
Autore	Hofmann Stefan G.
Titolo	The anxiety skills workbook : simple CBT and mindfulness strategies for overcoming anxiety, fear, and worry // Stefan G. Hofmann, Judith S. Beck
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, , [2020] ©2020
ISBN	1-68403-453-1
Descrizione fisica	1 online resource (200 pages)
Disciplina	616.8522
Soggetti	Anxiety disorders - Treatment Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Contents -- Foreword -- Contributing Authors -- Prologue -- Introduction: How to Use This Workbook -- Module 1: Planning Your Journey -- Section I. Goal Setting and Motivation -- Section II. Planning Your Journey Section II -- Section III. How Anxiety Attacks -- Module 2: Mindful Relaxation -- Module 3: Rethinking Thoughts -- Section I. Probability Overestimation -- Section II. Catastrophizing -- Module 4: Worries About Worries -- Section I. Detached Awareness -- Secion II. Worry Postponement -- Module 5: Facing Feared Scenarios and Images -- Module 6: Changing Behaviors -- Module 7: Progress on Goals and Relapse Prevention -- References -- About the Authors.
Sommario/riassunto	Anxiety is at epidemic levels. In The Anxiety Skills Workbook, psychologist and cognitive behavioral therapy (CBT) expert Stefan Hofmann offers readers a comprehensive approach to transforming anxiety using simple evidence-based strategies from CBT and mindfulness. With this easy-to-use guide, readers will learn to break

free from worry and start focusing on living the life they want.

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