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| 1. 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]<br>©2020   |
| ISBN                    | 1-68403-453-1   |
| Descrizione fisica      | 1 online resource (200 pages)   |
| Disciplina              | 616.8522  |
| Soggetti                | Anxiety disorders - Treatment<br>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 -- Section 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 <i>The Anxiety Skills Workbook</i> , 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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| 2. Record Nr.           | UNINA9910557334103321   |
| Autore                  | Khan Farhan   |
| Titolo                  | Prevalence, Fate and Effects of Plastic in Freshwater Environments  |
| Pubbl/distr/stampa      | Basel, Switzerland, : MDPI - Multidisciplinary Digital Publishing Institute, 2021   |
| Descrizione fisica      | 1 online resource (84 p.)   |
| Soggetti                | Research and information: general<br>Murntuluk / Catfish (Central NT, North NT SE52-03)   |
| Lingua di pubblicazione | Inglese   |
| Formato                 | Materiale a stampa  |
| Livello bibliografico   | Monografia  |
| Sommario/riassunto      | Plastic (and microplastic) pollution has been described as one of the greatest environmental challenges of our time, and a hallmark of the human-driven epoch known as the Anthropocene. It has gained the attention of the general public, governments, and environmental scientists worldwide. To date, the main focus has been on plastics in the marine environment, but interest in the presence and effects of plastics in freshwaters has increased in the recent years. The occurrence of plastics within inland lakes and rivers, as well as their biota, has been demonstrated. Experiments with freshwater organisms have started to explore the direct and indirect effects resulting from plastic exposure. There is a clear need for further research, and a dedicated space for its dissemination. This book is devoted to highlighting current research from around the world on the prevalence, fate, and effects of plastic in freshwater environments. |