

1. Record Nr.	UNINA9910781816403321
Autore	Safren Steven A
Titolo	Coping with chronic illness [[electronic resource]] : a cognitive-behavioral therapy approach for adherence and depression workbook / / Steven A Safren, Jeffrey S. Gonzalez and Nafisseh Soroudi
Pubbl/distr/stampa	New York, : Oxford University Press, 2008
ISBN	0-19-024172-1 1-281-37473-3 9786611374730 0-19-804303-1
Descrizione fisica	1 online resource (131 p.)
Collana	Treatments That Work
Altri autori (Persone)	GonzalezJeffrey S SoroudiNafisseh
Disciplina	616.044
Soggetti	Chronic diseases - Psychological aspects Chronically ill - Mental health Chronically ill - Rehabilitation People with disabilities - Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Contents; List of Figures and Worksheets; Chapter 1 Introduction; Chapter 2 Overview of the Program; Chapter 3 Life-Steps; Chapter 4 Activity Scheduling; Chapter 5 Adaptive Thinking (Cognitive Restructuring); Part I; Chapter 6 Adaptive Thinking (Cognitive Restructuring); Part II; Chapter 7 Problem Solving; Chapter 8 Relaxation Training and Diaphragmatic Breathing; Chapter 9 Review, Maintenance, and Relapse Prevention; About the Authors
Sommario/riassunto	If you suffer from a chronic medical condition like cancer, HIV, diabetes, asthma, or hypertension, you know how hard it can be to perform all the self-care behaviors required of you, especially if you are also dealing with depression. Studies have shown that depressed individuals with chronic illness have a hard time keeping up with the behaviors necessary to manage their condition and improve their health. The program outlined in this workbook can help you take better care of yourself while simultaneously relieving your depression.

2. Record Nr.	UNINA9910823825403321
Autore	Singh Shrawan Kumar
Titolo	Understanding demonetisation in India : a deft stroke of economic policy / / Shrawan Kumar Singh
Pubbl/distr/stampa	New York, NY : , : Business Expert Press, , 2019
ISBN	1-949991-06-7
Descrizione fisica	1 online resource (195 pages)
Disciplina	332.4954
Soggetti	Monetary policy - India
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.