

1. Record Nr.	UNINA9910826924303321
Autore	Bourne Edmund J.
Titolo	Pocket therapy for anxiety : quick cbt skills to find calm / / Edmund J. Bourne and Lorna Garano
Pubbl/distr/stampa	Oakland, California : , : New Harbinger Publications, , [2020] ©2020
ISBN	1-68403-763-8 1-68403-762-X
Descrizione fisica	1 online resource (185 pages)
Collana	New Harbinger Pocket Therapy
Disciplina	152.46
Soggetti	Anxiety Fear Self-help publications.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Contents -- Introduction -- 1. Relax Your Body -- 2. Relax Your Mind -- 3. Think Realistically -- 4. Face Your Fears -- 5. Get Regular Exercise -- 6. Eat Right -- 7. Nourish Yourself -- 8. Simplify Your Life -- 9. Get Off the Worry Spiral -- 10. Cope on the Spot -- Your Anxiety Tool Kit -- About the Authors.
Sommario/riassunto	From the author of the self-help classic, The Anxiety and Phobia Workbook, this pocket-sized guide offers readers quick, simple, and effective anxiety relief that fits right in their pocket, so they can manage their worst anxiety symptoms anytime, anywhere.

2. Record Nr.	UNINA9910557548203321
Autore	Drago Lorenzo
Titolo	Skin-Gut-Breast Microbiota Axes
Pubbl/distr/stampa	Basel, Switzerland, : MDPI - Multidisciplinary Digital Publishing Institute, 2021
Descrizione fisica	1 online resource (110 p.)
Soggetti	Medicine and Nursing
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>This book represents the latest research on microbiota axes, with a special focus on the gut-skin axis and the role of microbial breast bacteria on human health communication. This book also contains discussions of the microorganism-derived products that can directly or indirectly be signals for our organs and systems. Gut dysbiosis, representing a disruption of intestinal integrity, can create aberrant physiological conditions (including immunological disorders, intestinal stress, and anxiety-like behavior), as well as high serum levels of microbial metabolites increasing oxidative stress dysfunctions and generalized inflammation. Much research in this field has been carried out in animal models, and establishing whether those findings translate to humans will be crucial but challenging. On the other hand, several studies conducted on humans have evaluated the link between fecal microbiota composition and quality of life by recruiting thousands of participants. As well as identifying bacterial genera associated with higher quality of life, they carried out metagenomic analyses that indicated that the potential of microorganisms to synthesize certain active metabolites, and especially their interrelation, may also correlate with general wellbeing. It is clear that many axes can influence our lives; the most important include "the gut-brain axis" and the "skin-gut-breast axis". Together, the studies presented in this book have laid the foundations for a better understanding of the effects of gut microbiota on skin and on our body in general. The mechanisms that</p>

underlie them may represent the ideal focus for the initial efforts to explore the relevance of these axes for human wellbeing.

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