

1. Record Nr.	UNINA9910625178403321
Titolo	IEEE transactions on cybernetics
Pubbl/distr/stampa	New York, NY : , : Institute of Electrical and Electronics Engineers, , 2013-
ISSN	2168-2267
Descrizione fisica	1 online resource
Soggetti	Cybernetics Man-Machine Systems Biomedical Engineering - methods Periodicals.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Periodico
Note generali	Refereed/Peer-reviewed

2. Record Nr.	UNINA9910827857303321
Autore	Saltzman Amy <1958->
Titolo	A still quiet place : a mindfulness program for teaching children and adolescents to ease stress and difficult emotions / / Amy Saltzman ; foreword by Saki Santorelli
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, , 2014
ISBN	1-4619-5731-1 1-60882-758-5
Descrizione fisica	1 online resource (241 p.)
Altri autori (Persone)	SantorelliSaki
Disciplina	155.4/189042
Soggetti	Emotions in children Emotions in adolescence Stress management for children Stress management for teenagers Educational psychology
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; Foreword; Acknowledgments; Introduction; 1; why offer mindfulness to young people?; 2; finding your way: paths to teaching and facilitating; 3; sharing the still quiet place; 4; session 1: taking a bite, taking a breath; 5; session 2: beginning again; 6; session 3: thought watching and unkind mind; 7; session 4: feelings and unpleasant experiences; 8; session 5: responding and reacting: holes and different streets; 9; session 6: responding and communicating; 10; session 7: communication and love; 11; session 8: the end of the out-breath; 12 am I ready? qualities and qualifications for visiting the still quiet place with children 13; notes and cautions; 14; teaching simultaneously to children and their parents; 15; an academic perspective and research to date; appendices; A; presenting or pitching the program; B; course outline; resources; references; Index
Sommario/riassunto	" Teaching kids stress management skills early in life will help them to grow into happy and healthy adults. And if you work with children or adolescents, you know that kids today need these skills more than ever.

The pressures they face in the classroom, on the playground, in their extracurricular activities, and at home can sometimes be overwhelming. So how can you help lay the groundwork for their success? A Still Quiet Place presents an eight-week mindfulness-based stress reduction (MBSR) program that therapists, teachers, and other professionals can use to help children and adolescents manage stress and anxiety in their lives, and develop their natural capacities for emotional fluency, respectful communication, and compassionate action. The program detailed in this book is based on author Amy Saltzman's original curriculum, which has helped countless children and adolescents achieve significant improvements in attention and reduced anxiety. One of the easiest ways to find the still quiet place within is to practice mindfulness-paying attention to your life experience here and now with kindness and curiosity. The easy-to-implement mindfulness practices in this guide are designed to help increase children and adolescents' attention, learning, resiliency, and compassion by showing them how to experience the natural quietness that can be found within. The still quiet place is a place of peace and happiness that is alive inside all of us, and you can find it just by closing your eyes and breathing. For more information, visit [www.stillquietplace.com](http://www.stillquietplace.com)"--

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3. Record Nr.	UNISANNIORMG0031044
Titolo	New religious movements and the law in the European union : proceedings of the Meeting, Lisbon, Universidade moderna, 8-9 November, 1997
Pubbl/distr/stampa	\Bruxelles!, : Bruylant Milano, : Giuffrè \Baden-Baden!, : Nomos, \1999!
ISBN	8814074011
Descrizione fisica	389 p. ; 24 cm
Collana	Pubblicazioni di diritto ecclesiastico / Università degli studi di Milano, Facoltà di giurisprudenza ; 15
Disciplina	342 342.40852
Soggetti	Libertà religiosa - Tutela - Europa Chiesa e Stato - Europa
Collocazione	D (AR) 29 847
Lingua di pubblicazione	Inglese Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	In testa al front.: European consortium for Church-State research = Consortium européen pour l'étude des relations Églises-État.