

1. Record Nr.	UNINA9910453279203321
Autore	Edinger Jack D
Titolo	Overcoming insomnia [[electronic resource]] : a cognitive-behavioral therapy approach : workbook / / Jack D. Edinger, Colleen E. Carney
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2008
ISBN	0-19-024217-5 1-281-86836-1 9786611868369 0-19-971081-3
Descrizione fisica	1 online resource (79 p.)
Collana	Treatments that work
Altri autori (Persone)	CarneyColleen
Disciplina	616.8 616.8/498 616.8498
Soggetti	Insomnia - Treatment Cognitive therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Contents; Chapter 1 Is This Book Right for Me?; Chapter 2 Sleep Education; Chapter 3 Improving Your Sleep; Chapter 4 Combating Unhelpful Thoughts; Chapter 5 Troubleshooting; Appendix: Forms and Worksheets
Sommario/riassunto	It is estimated that one in ten U.S. adults suffers from chronic insomnia. If left untreated, chronic insomnia reduces quality of life and increases risk for psychiatric and medical disease, especially depression and anxiety. There are two forms of insomnia: secondary insomnia, in which it is comorbid with another condition such as psychiatric disorders, chronic pain conditions, or cardiopulmonary disorders, and primary insomnia, which does not coexist with any other disorder, Though insomnia may be caused by any number of things, it is primarily sustained by the development of poor sleep habi

2. Record Nr.	UNINA9910830526103321
Titolo	Printed antennas for wireless communications [[electronic resource] /] / editor, Rod Waterhouse
Pubbl/distr/stampa	Chichester, England ; ; Hoboken, NJ, : Wiley, c2007
ISBN	1-282-12231-2 9786612122316 0-470-51224-5 0-470-51225-3
Descrizione fisica	1 online resource (471 p.)
Collana	RSP ; ; v.19
Altri autori (Persone)	WaterhouseR. B (Rodney B.)
Disciplina	621.382/4 621.384135
Soggetti	Microstrip antennas Printed circuits Wireless communication systems - Equipment and supplies
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	Printed Antennas for Wireless Communications; Contents; About the Editor; List of Contributors; Preface; 1 Wireless Systems and Printed Antennas; Part I Fundamental Wideband Printed Antennas for Wireless Systems; 2 Multilayered Patch Antennas; 3 Printed Quasi-Yagi Antennas; 4 Printed Spiral Antennas; 5 Printed Folded Beverage Antennas; 6 Printed Tapered Slot Antennas; Part II Small Printed Antennas for Wireless Systems; 7 Planar Inverted-F Antennas; 8 Small Patch-Based Antennas; 9 Small Multiband Printed Monopole Antennas; 10 Printed Antennas in Packages Part III Advanced Concepts and Applications in Wireless Systems11 Printed Reflectarray Antennas; 12 Antennas on Artificial Magnetic Conductors and Other Impedance Surfaces; 13 Transceiver Architectures for Highly Integrated RF Front-Ends; 14 Frequency-Agile Antennas for a Software-Defined and Cognitive Radio; 15 Antenna Evaluation for Communications with Diversity/MIMO; Index
Sommario/riassunto	Printed antennas, also known as microstrip antennas, have a variety of beneficial properties including mechanical durability, conformability,

compactness and cheap manufacturing costs. As such, they have a range of applications in both the military and commercial sectors, and are often mounted on the exterior of aircraft and spacecraft as well as incorporated into mobile radio communication devices. Printed Antennas for Wireless Communications offers a practical guide to state-of-the-art printed antenna technology used for wireless systems. Contributions from renowned global expert

3. Record Nr.	UNISALENTO991001953359707536
Autore	Convegno di studi Marxisti e riministi <1972 ; Rimini>
Titolo	Anarchismo e socialismo in Italia, 1872-1892 : atti del Convegno di studi Marxisti e riministi : Rimini, 19-21 ottobre 1972 / a cura di Liliano Faenza ; prefazione di Enzo Faenza
Pubbl/distr/stampa	Roma : Editori riuniti, 1973
Descrizione fisica	XXIII, 321 p. ; 21 cm.
Collana	Biblioteca del movimento operaio italiano ; 30
Altri autori (Persone)	Faenza, Liliano
Disciplina	335.8
Soggetti	Anarchia - Italia - Congressi Socialismo - Italia - Congressi
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Finito di stampare nel 1974