

1. Record Nr.	UNINA9910794757103321
Autore	Ruscitti Catherine L.
Titolo	The anorexia recovery skills workbook : a comprehensive guide to cope with difficult emotions, embrace self-acceptance & prevent relapse // Catherine L. Ruscitti, PsyD, Jeffrey E. Barnett, PsyD, ABPP, Rebecca A. Wagner, PhD
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, Incorporated, , [2017] ©2017
ISBN	1-62625-935-6
Descrizione fisica	1 online resource (274 pages) : illustrations
Collana	A new Harbinger self-help workbook
Disciplina	616.85262
Soggetti	Anorexia
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	"If you have anorexia, it can be difficult to see yourself clearly, even after treatment. That's why it's so important for you to have resources available to prevent relapse. Written by three psychologists and experts in eating disorders, this important guide provides evidence-based skills blending acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and dialectical behavior therapy (DBT) to help you recover--and stay on the path to recovery"--

2. Record Nr.	UNINA9910846985503321
Titolo	Ladies in Arms : Women, Guns, and Feminisms in Contemporary Popular Culture // ed. by Teresa Hiergeist, Stefanie Schäfer
Pubbl/distr/stampa	Bielefeld : , : transcript Verlag, , [2024] ©2024
ISBN	9783839469552 3839469554
Edizione	[First edition.]
Descrizione fisica	1 online resource (322 pages)
Collana	Gender Studies.
Disciplina	302.23082
Soggetti	SOCIAL SCIENCE / Gender Studies
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Frontmatter -- Contents -- Ladies in Arms. An Introduction -- Section I: History Reloaded? Reinventing Military and Paramilitary Shooters -- The Difference between a Shooting and an Armed Woman -- Re-Arming an American Heroine -- Armed Resistance and Femininity -- The Limits of Empowerment -- Section II: Violent Societies: Civic Gun Cultures, Gender, and Politics -- 'Don't Retreat, Reload' -- Revenge is 'Beautiful' -- 'My Palm and My Trigger Finger Itch, Bitch' -- Section III: Firearm Fictions: Media, Genre, and the Making of the Armed Heroine -- 'On Thursdays We Shoot' -- Cowgirling in Thuringia -- Violence and the Good Women of Bollywood -- Ladies and Arms -- Not Citizen-Soldiers but Vigilantes -- Section IV: Shooting to Kill (Patriarchy): Feminist Gunwomen -- What is a Painter without a Gun? -- Unpopular Feminism -- Armed Women as Fascinosum Tremendum -- Warrior of the Light -- Authors
Sommario/riassunto	In contemporary popular culture, armed women take center stage - but how can they be read from a feminist perspective? How do films, comics, and TV series depict the newly fashionable gunwomen between objectification and feminist empowerment? The contributions to this volume ask this question from different vantage points in cultural and literary studies, film and visual culture studies, history, and art history. They examine military and civic gun cultures, the rediscovery of

historical armed women and revolutionaries, cultural phenomena such as gangsta rap, narcocultura and US politics, Bollywood and French cinema, and distinct genres such as the graphic novel, the romance novel, or the German police procedural *Tatort*.
