

1. Record Nr.	UNINA9910150514603321
Autore	Herring Jonathan
Titolo	How to decide : what to do when you don't know what to do / / Jonathan Herring
Pubbl/distr/stampa	Harlow, England : , : Pearson, , [2012] Â©2012
ISBN	0-273-77086-1 1-283-54148-3 9786613853936 0-273-77085-3
Edizione	[1st edition]
Descrizione fisica	1 online resource (viii, 149 p.) : ill
Disciplina	658.403
Soggetti	Decision making
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di contenuto	Preparing to make the decision -- What drives decisions -- and what should drive them -- Choosing the tools to make the decision -- Making the decision -- Help! I still can't decide -- Acting on the decision -- Reviewing the decision -- Putting decision-making into practice -- Decisions involving more than one person -- Making decisions fast -- Practise decision-making.
Sommario/riassunto	Save time, energy and life-sapping stress with this gloriously simple, clever and highly effective guide to painless and efficient decision making. This light-hearted and practical guide will help you turn your indecision into positive, assertive action. Guiding you through the entire decision making process, it is packed with clever tips and tricks to help you make the right decision, quickly, first time, every time. From work to buying a house; from choosing a holiday to choosing a partner; from the exciting and life-changing big decisions, to the more mundane little niggles that clutter everyday life – every type of decision is covered.

2. Record Nr.	UNINA9910955131903321
Autore	Attwood Anthony
Titolo	The complete guide to Asperger's syndrome / / Tony Attwood
Pubbl/distr/stampa	London : , : Jessica Kingsley Publishers Library, , 2008 London : , : Bloomsbury Publishing (UK), , 2024
ISBN	9786610929757 9781805014300 1805014307 9781849857895 184985789X 9781280929755 1280929758 9781846425592 184642559X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (401 p.)
Disciplina	616.85/8832
Soggetti	Asperger's syndrome in adolescence Asperger's syndrome in children Asperger's syndrome
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 (p. 359-381) and indexes.
Nota di contenuto	What is Asperger's syndrome? -- The diagnosis -- Social understanding and friendship -- Teasing and bullying -- Theory of mind -- The understanding and expression of emotions -- Special interests -- Language -- Cognitive abilities -- Movement and coordination -- Sensory sensitivity -- Life after school : college and career -- Long-term relationships -- Psychotherapy -- Frequently asked questions.
Sommario/riassunto	This is the definitive handbook for anyone affected by Asperger's syndrome. It brings together information on all aspects of the syndrome for children through to adults. Drawing on case studies from Attwood's extensive clinical experience, and from his correspondence with individuals with AS, this book is authoritative and extremely

accessible.

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