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| 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. |

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| 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.
