

1. Record Nr.	UNINA9910975039303321
Autore	Hall Nicola (Reflexologist)
Titolo	Principles of reflexolgy : what it is, how it works, and what it can do for you / / Nicola Hall
Pubbl/distr/stampa	London ; ; Philadelphia, : Singing Dragon, 2013
ISBN	9781299265394 1299265391 9780857011084 0857011081
Edizione	[Rev. ed.]
Descrizione fisica	1 online resource (146 p.)
Collana	Principles of...
Disciplina	615.8224
Soggetti	Reflexology (Therapy) Acupressure
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Principles of Reflexology: What it is, how it works, and what it can do for you; Introduction; 1 What is Reflexology?; 2 How the Treatment Works; 3 How the Treatment is Given; 4 The Reflex Areas; 5 What Reflexology is Most Effectivein Treating; 6 Case Histories; 7 Reflexology as a PreventativeTherapy; 8 Finding a Reliable Reflexologist; Blank Page; Useful Contacts
Sommario/riassunto	This introductory guide covers the history and theory behind reflexology as well as the principles of practice. The book includes an outline of how treatment works and how it is given, a guide to the reflex areas, effective reflexology treatments and case studies, reflexology as a preventative therapy and how to find a reliable reflexologist.

2. Record Nr.	UNINA9910956558203321
Autore	Botman Dennis
Titolo	Can Abenomics Succeed? : : Overcoming the Legacy of Japan's Lost Decades // Dennis Botman, Stephan Danninger, Jerald Schiff
Pubbl/distr/stampa	Washington, D.C. : , : International Monetary Fund, , 2015
ISBN	9781484341247 1484341244 9781498302333 1498302335
Edizione	[1st ed.]
Descrizione fisica	1 online resource (410 p.)
Altri autori (Persone)	DanningerStephan SchiffJerald
Disciplina	330.952
Soggetti	Stagnation (Economics) Deflation (Finance) - Japan Banks and Banking Labor Macroeconomics Public Finance Demography Exports and Imports Inflation Business Taxes and Subsidies Price Level Deflation Debt Debt Management Sovereign Debt Economics of the Elderly Economics of the Handicapped Non-labor Market Discrimination Demand and Supply of Labor: General Social Security and Public Pensions Labour income economics Public finance & taxation Pensions Population & demography Corporate & business tax

Prices
Population and demographics
Taxes
Public debt
Expenditure
Labor markets
Aging
Corporate income tax
Pension spending
Labor market
Debts, Public
Population aging
Corporations
Taxation
Income economics
Japan Economic conditions 1989-
Japan

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	Cover Page; Title Page; Copyright Page; Contents; Foreword; Acronyms and Abbreviations; 1 Abenomics: From the Lost Decade to the Three Arrows; 2 Abenomics: Lessons Learned from Two Decades of Conventional and Unconventional Monetary Policies; 3 Can Abenomics Overcome the Headwinds from Population Aging?; 4 Japan's Fiscal Risks; 5 Options for Fiscal Consolidation in an Aging Society; 6 Japan's Growth Challenge: Needs and Potential; 7 Labor Market Reform: Vital to the Success of Abenomics; 8 The Opportunities and Risks of Abenomics in the Financial Sector 9 Stimulating Private Investment and Innovation10 Japan's Role in the Global Economy and Spillover Effects of Abenomics; Contributors; Index; Footnotes; 3 Can Abenomics Overcome the Headwinds from Population Aging?; 4 Japan's Fiscal Risks; 5 Options for Fiscal Consolidation in an Aging Society; 6 Japan's Growth Challenge: Needs and Potential; 7 Labor Market Reform: Vital to the Success of Abenomics; 8 The Opportunities and Risks of Abenomics in the Financial Sector; 9 Stimulating Private Investment and Innovation; 10 Japan's Role in the Global Economy and Spillover Effects of Abenomics
Sommario/riassunto	Japan's revitalization plan, dubbed the "three arrows of Abenomics," devises a three-pronged strategy—combining fiscal, monetary, and structural policies—to overcome that country's apparent inability to sustain economic recovery. This book is the first comprehensive assessment of Abenomics and the reforms needed to make it a success, including aggressive monetary easing, growth-friendly fiscal consolidation, and structural and financial sector reforms.