

1. Record Nr.	UNINA9910798330203321
Autore	Fein Melvyn L.
Titolo	Unlocking your inner courage : five winning strategies to achieve the life you want and the world we need // Melvyn L. Fein
Pubbl/distr/stampa	Amherst, New York : , : Prometheus Books, , [2016] ©2016
ISBN	1-63388-170-9
Descrizione fisica	1 online resource
Classificazione	SEL027000SOC026000
Disciplina	179.6
Soggetti	Courage - Social aspects Self-reliance Conduct of life
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Cover -- Title Page -- Copyright Page -- CONTENTS -- 1. Land of the Free, Home of the Brave -- A Semi-Reformed Coward -- Pioneers and Patriots -- The Wretched Refuse -- 2. From Safety Net to Feather Bed -- The Perils of Success -- Nothing Offensive -- Nothing Painful -- No Failures -- Moral Courage -- 3. Integrated Fear Management -- Emotions -- Socialization -- Social Courage -- Integrated Fear Management -- 4. Ensuring Safety -- A World of Hurt -- Back on the Horse -- Safe Places -- Bad Places -- 5. Incremental Tolerance -- Near and Remote Misses -- Desensitization -- A Common Process -- Getting Started -- 6. Evaluating Our Fears -- Psychotherapy? -- Types of Danger -- The Degree of Danger -- Available Resources -- 7. Sorting Potential Responses -- Doing Nothing -- Fighting Back -- Walking Away -- Losing -- 8. Winning -- Gaining Confidence -- Half a Loaf -- Planning -- Knowledge and Skills -- Alliances -- Self-Sabotage -- 9. Saving Ourselves -- The Collectivist Trap -- The Middle-Class Frontier -- Self-Direction -- The Occupational Frontier -- The Family Frontier -- 10. Personal Liberation -- Making Choices -- The Virtues of Freedom -- Two Intrepid Pioneers and Me -- Custer versus Sherman -- Epilogue -- Why Not Cowardice? -- Notes -- Index.
Sommario/riassunto	"Courage is not just for heroes. It is a virtue that everyone can possess.

This book will teach you how to develop the courage you never knew you had. Building upon his fifty-year career as a clinician and professor of sociology, Dr. Melvin Fein demonstrates why courage is the key to leading a successful life. He presents a five-step, reality-tested program that enables ordinary people to live up to their potential. Fein begins by explaining how to find "safe places" that provide a refuge from worries and threats. Then, with refreshing candor and common sense, he supplies tactics for tolerating fears and evaluating the best means of dealing with them. Next he demonstrates strategies that produce winning results. In our increasingly complex, middle-class society, there are few guarantees. Fein convincingly argues that self-reliance is the most dependable approach. Freedom from fear is liberating. But it must be earned. This book shows that this is not only possible, but within the grasp of the average person"-- "A sociologist argues that the consistent exercise of courage in everyday life is the key to tapping individual potential and contributing to the betterment of society"--

2. Record Nr.	UNINA9910957351403321
Autore	Dane Joseph A
Titolo	Who is buried in Chaucer's tomb? : studies in the reception of Chaucer's book // Joseph A. Dane
Pubbl/distr/stampa	East Lansing, : Michigan State University Press, c1998
ISBN	1-62895-224-5 0-87013-907-X
Edizione	[1st ed.]
Descrizione fisica	1 online resource (320 p.)
Disciplina	821/.1
Soggetti	Literature publishing - Great Britain - History - 18th century Manuscripts, Medieval - England - Editing Manuscripts, English (Middle) - Editing Paleography, English
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

Contents; Introduction; Chapter 1: Who is Buried in Chaucer's Tomb?; Chapter 2: Who Wrote Chaucer's Workes? : The Authority of [William Thynne?]; Chapter 3: Toward a Typographical History of Chaucer: The Blackletter Chaucer; Chapter 4: The Book and the Text: Two Studies on the Testament of Love; Chapter 5: [Chaucer's] Retraction and the Eighteenth-Century History of Printing; Chapter 6: The Reception of Chaucer's Eighteenth-Century Editors; Chapter 7: The Book and the Booklet; Chapter 8: Unbooking Chaucer: The Drama of Chaucer the Persona
Chapter 9: Problems of Evidence in Modern Chaucer Editions
Chapter 10: Scribes as Critics; Conclusion: Chaucer's Noster and the Fine Press
Chaucer; Notes; Works Cited

Sommario/riassunto

Joseph A. Dane examines the history of the books we now know as "Chaucer's"-a history that includes printers and publishers, editors, antiquarians, librarians, and book collectors. The Chaucer at issue here is not a medieval poet, securely bound within his fourteenth-century context, but rather the product of the often chaotic history of the physical books that have been produced and marketed in his name. This history involves a series of myths about Chaucer-a reformist Chaucer, a realist Chaucer, a political and critical Chaucer who seems oddly like us. It also involves more self
