

1.	Record Nr.	UNINA990001114560403321
	Autore	Ben-Ari, Mordechai <1948- >
	Titolo	Principles of concurrent and distributed programming / M. Ben-Ari
	Pubbl/distr/stampa	New York : Prentice-Hall, 1990
	ISBN	0-13-711821-X
	Disciplina	510.78
	Locazione	FI1
	Collocazione	8B-158.001
	Lingua di pubblicazione	Inglese
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	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910958051603321
	Autore	Thayer Robert E
	Titolo	Calm energy : how people regulate mood with food and exercise / / Robert E. Thayer
	Pubbl/distr/stampa	Oxford ; New York, : Oxford University Press, 2003
	ISBN	0-19-988102-2 1-280-53381-1 0-19-803023-1 1-60256-693-3
	Edizione	[1st ed.]
	Descrizione fisica	xi, 274 p. : ill
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	Soggetti	Exercise - Psychological aspects Mental health - Nutritional aspects Mood (Psychology) Nutrition - Psychological aspects
	Lingua di pubblicazione	Inglese
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	Note generali	"First issued as an Oxford University Press paperback, 2003."
	Nota di bibliografia	Includes bibliographical references (p. 235-254) and index.

## Nota di contenuto

; ch. 1. Mood, self-regulation, and overeating -- ; ch. 2. Living in a stressful world : mood and overweight -- ; ch. 3. How are exercise and mood related? -- ; ch. 4. emotional eating -- ; ch. 5. Mood pleasure : food versus exercise -- ; ch. 6. Why do we have moods? -- ; ch. 7. Changes in energy and mood -- ; ch. 8. The biopsychology of energy and tension -- ; ch. 9. Managing your mood.

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## Sommario/riassunto

Obesity is reaching alarming proportions. In this insightful new approach to understanding why this is happening, acclaimed mood scientist Robert Thayer offers a new appreciation of the real cause-- emotional eating. But this is not just emotional eating as previously known; rather it is a new scientific analysis of exactly how different moods affect eating. He shows how unprecedented stress in society and epidemic levels of depression have led people to food as a poor means of managing mood. In this original approach, Thayer describes how people's daily energy and tension variations occur, and how this knowledge helps overcome the urge to eat the wrong food and to achieve the goal of calm energy. Also, in this most up-to-date scientific analysis of exercise and mood, he shows how physical activity is essential to psychological and physical health, yet why it is resisted. Thayer's work has been discussed in hundreds of magazine and newspaper articles, and here he outlines in detail the cutting-edge theories and scientific research findings that have generated this extensive media attention.

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