

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.	UNINA9910960148903321
Titolo	Cooperation and its evolution // edited by Kim Sterelny [and others]
Pubbl/distr/stampa	Cambridge, Mass. ; ; London, Eng., : MIT Press, ©2013 ©2013
ISBN	0-262-31304-9 1-299-22073-8 0-262-31303-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (587 p.)
Collana	Life and mind: philosophical issues in biology and psychology
Altri autori (Persone)	SterelnyKim
Disciplina	576.8
Soggetti	Evolution (Biology) - Philosophy Cooperation Evolutionary psychology Cooperativeness
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"A Bradford Book."

Nota di bibliografia

Includes bibliographical references and index.

Nota di contenuto

Cover; Contents; Introduction; I Agents and Environments; 1 The Evolution of Individualistic Norms; 2 Timescales, Symmetry, and Uncertainty Reduction in the Origins of Hierarchy in Biological Systems; 3 On Depending on Fish for a Living, and Other Difficulties of Living Sustainably; 4 Life in Interesting Times: Cooperation and Collective Action in the Holocene; 5 The Birth of Hierarchy; 6 Territoriality and Loss Aversion: The Evolutionary Roots of Property Rights; 7 Cooperation and Biological Markets: The Power of Partner Choice 8 False Advertising in Biological Markets: Partner Choice and the Problem of Reliability 9 MHC-Mediated Benefits of Trade: A Biomolecular Approach to Cooperation in the Marketplace; 10 What We Don ' t Know about the Evolution of Cooperation in Animals; 11 Task Partitioning: Is It a Useful Concept?; 12 Cooperative Breeding in Birds: Toward a Richer Conceptual Framework; II Agents and Mechanisms; 13 Why the Proximate-Ultimate Distinction Is Misleading; 14 Emergence of a Signaling Network with Probe and Adjust 15 Bacterial Social Life: Information Processing Characteristics and Cooperation Coevolve 16 Two Modes of Transgenerational Information Transmission; 17 What Can Imitation Do for Cooperation?; 18 The Role of Learning in Punishment, Prosociality, and Human Uniqueness; 19 Our Pigheaded Core: How We Became Smarter to Be Influenced by Other People; 20 Altruistic Behaviors from a Developmental and Comparative Perspective; 21 Culture-Gene Coevolution, Large-Scale Cooperation, and the Shaping of Human Social Psychology; 22 Suicide Bombers, Weddings, and Prison Tattoos 23 Communicative Functions of Shame and Guilt 24 Moral Disgust and the Tribal Instincts Hypothesis; 25 Evolution, Motivation, and Moral Beliefs; 26 The Many Moral Nativisms; Contributors; Index

Sommario/riassunto

This collection reports on the latest research on an increasingly pivotal issue for evolutionary biology: cooperation. The chapters are written from a variety of disciplinary perspectives and utilize research tools that range from empirical survey to conceptual modeling, reflecting the rich diversity of work in the field. They explore a wide taxonomic range, concentrating on bacteria, social insects, and, especially, humans.