

1. Record Nr.	UNINA9910962855903321
Autore	Brown Nina W
Titolo	Uptight and in your face : coping with an anxious boss, parent, spouse, or lover / / Nina W. Brown
Pubbl/distr/stampa	Santa Barbara, Calif. : , : Praeger, an imprint of ABC-CLIO, , 2010 London : , : Bloomsbury Publishing (UK), , 2024
ISBN	9798216031017 9786612933622 9781282933620 1282933620 9780313385568 0313385564
Edizione	[1st ed.]
Descrizione fisica	1 online resource (192 p.)
Disciplina	158.2
Soggetti	Adjustment (Psychology) Interpersonal conflict Interpersonal relations - Psychological aspects Personality assessment Stress (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references (p. 173) and index.
Nota di contenuto	Intense, anxious, and self-absorbed -- What you see and feel -- Their internal life -- Anxious about deprivation : the impoverished-self hoarder type -- Depriving self and others : the austere and withholding type -- Wallowing in greed and excess : the indulgent and entitled type -- 'You will do what I want' : the controlling and manipulative type -- 'Everyone and everything is against me' : the revengeful complainer type -- Why they get next to you : understand your reactions -- Make it better for yourself : effective coping strategies.
Sommario/riassunto	Dealing with uptight, high-stress people in your workplace, family, or home can be an enormous challenge, but this book provides invaluable insight and practical advice enabling readers to handle these "problem" personality types successfully. It is often stated that communication is

the most important aspect of creating an effective relationship or achieving goals when working with another individual or within a team. But how does one communicate with someone who is too intense, anxious, or self-absorbed to hear anything you're trying to say? In *Uptight and In Your Face: Coping with an Anxious Boss, Parent, Spouse, or Lover* the author presents an invaluable tutorial to successfully interact with the most frustrating and taxing people in your life. This text examines the five most common types of uptight people to illustrate how the underlying patterns of intensity, anxiety, and self-absorption are displayed. Considerable attention is given to help readers understand how they may be contributing to their own distress. The final chapters present numerous coping and self-development strategies that will help reduce or eliminate many of the detrimental effects of interacting with high-stress people. Descriptions of complex psychological concepts are explained in everyday language.

2. Record Nr.	UNINA9911024678803321
Autore	Voss, Hans
Titolo	L'Ottocento / Hans Voss ; a cura di Harald Busch
Pubbl/distr/stampa	Milano, : Görlich Editore, 1973
Descrizione fisica	223 p. : ill. ; 22 cm
Collana	Epoche dell'architettura
Disciplina	724
Locazione	DARST
Collocazione	DE FUSCO 1159
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Traduzione di R. Barcella, T. Pendoli