

1. Record Nr.	UNINA9910458948303321
Autore	Rifkind David
Titolo	The Nobel Prize winning discoveries in infectious diseases [[electronic resource] /] / David Rifkind and Geraldine L. Freeman
Pubbl/distr/stampa	Amsterdam, : Elsevier/Academic Press, c2005
ISBN	1-280-64136-3 9786610641369 0-08-045957-9
Descrizione fisica	1 online resource (177 p.)
Altri autori (Persone)	FreemanGeraldine L
Disciplina	616.909
Soggetti	Nobel Prizes Communicable diseases Discoveries in science Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Serotherapy -- Antimicrobial defenses -- MHC restriction -- Prontosil and the sulfonamides -- Penicillin -- Streptomycin -- Chemotherapeutic agents -- Tuberculosis -- Typhus -- Syphilis therapy -- Tobacco mosaic virus -- Yellow fever -- Poliomyelitis virus -- Hepatitis B virus -- Bacteriophage -- Bacteriophage lysogeny -- Rous sarcoma virus -- Polyoma virus -- Reverse transcriptase -- Viral oncogenes -- Kuru -- Prions -- Malaria -- Cancer parasite -- DDT.
Sommario/riassunto	This book presents the 24 discoveries in infectious diseases that have merited Nobel Prize recognition since the inception of the awards in 1901. Grouped according to biological groups rather than chronology, each discovery includes a biographical sketch of the laureate(s), a description of the research, and a summary of the current status of the field. In addition, consideration is given to the relevance of the research on the general field of biology and medicine.

2. Record Nr.	UNINA9910968048603321
Autore	Seldman Marty
Titolo	Executive stamina : how to optimize time, energy, and productivity to achieve peak performance / / Marty Seldman and Joshua Seldman
Pubbl/distr/stampa	Hoboken, N.J., : John Wiley & Sons, c2008
ISBN	9786611381769 9781281381767 1281381764 9780470335376 0470335378
Edizione	[1st ed.]
Descrizione fisica	1 online resource (322 p.)
Altri autori (Persone)	SeldmanJoshua <1977->
Disciplina	658.4/093
Soggetti	Executive ability Management Career development
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Executive Stamina: How to Optimize Time, Energy, and Productivity to Achieve Peak Performance; Contents; About the Authors; Acknowledgments; Introduction; The Vanishing Vacation; What's the Solution?; Overview of the Book; An Executive Stamina Role Model; A Disclaimer; Part I: Work/Life Alignment; Chapter 1: What Is Most Important to You?; The Importance of Reflection; The Reflection Exercises; Making Commitments; Setting Priorities; Long-Term Goals; Summary; Chapter 2: Is Your Schedule Aligned with Your Priorities?; A Friend in Deed; Most Common Gaps; Coming into Alignment; Summary Chapter 3: The Minimums and Shifts/Drifts SystemsThe Minimums System; The Shifts/Drifts Tracking System; Summary; Chapter 4: Finding Your Career Sweet Spot; Defining Your Career Sweet Spot; Guidelines to Locating Your Sweet Spot Career; Summary; Part II: Building Your Stamina; Chapter 5: The Impact of Stress; Stress Fallout; Chapter 6: Increasing Your Fitness; Getting on the Road to Fitness; Training Principles; Summary; Chapter 7: Your Lifelong Fitness Plan; Finding Your Fitness Level; Basic Fitness; Advanced Fitness; World-

Class Fitness; Summary; Chapter 8: Nutrition; Nutritional Overview  
Nutrient-Rich FoodsGlycemic Index; Nutritional Alerts; Achieving  
Stamina through Smart Eating; Summary; Chapter 9: Stress  
Management: Your Individual Plan; General Concepts and Guidelines;  
Summary; Chapter 10: Yoga at the Office; The Importance of Balance;  
Sharpening the Saw; Workday Yoga; Ending Your Practice; Summary;  
Part III: Optimizing Job Performance and Results; Chapter 11:  
Identifying High-Payoff Activities; What Is the Best Use of Your Time?;  
Spending Time Effectively; Summary; Chapter 12: Taking Control of  
Your Calendar; Spending Time on Low-Priority Activities  
Not Having a Plan for Your TimeEngaging with Toxic People; Wasting  
Time in Unproductive Meetings; Failing to Overcome Procrastination;  
Becoming Addicted to Technology; Traveling Unnecessarily; Summary;  
Part IV: Career Management; Chapter 13: Reaching Your Full Potential;  
Decision-Making Factors; Organizational Savvy; Summary; Chapter 14:  
Avoiding Career Management Mistakes; Career-Limiting Moves; Impact  
Issues; Mistakes of Omission; Mistakes of Commission; Summary; Part  
V: Personal Relationships; Chapter 15: Maintaining Positive  
Relationships; Vicious Cycles; Relationship Practices  
Using Minimums, Recognizing Shifts and Drifts, and Combining  
Activities to Maintain RelationshipsSummary; Conclusion; Index

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## Sommario/riassunto

Executive Stamina combines the wisdom and methodology of the best executive coaching with the cutting-edge training techniques of world-class athletes to help busy, stressed-out executives achieve peak performance. This holistic approach to executive performance uses practical tips and tools to help you maximize your career potential, maintain your physical health, and stay aligned with your personal values. Executive Stamina is all you need to learn how to optimize your time, energy, and productivity to achieve more and live better.

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