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Titolo	Chance action and therapy : the playful way of changing // Uri Wernik
Pubbl/distr/stampa	New York, : Nova Science Publishers, c2011
ISBN	1-61209-874-6
Edizione	[1st ed.]
Descrizione fisica	1 online resource (161 p.)
Collana	Health and human development
Disciplina	616.89/1653
Soggetti	Recreational therapy Chance - Therapeutic use
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 (p. [139]-142) and index.
Nota di contenuto	Oh captain, your boat is stuck -- Senseless sex -- They call you Lady Luck -- Randomness can do you good -- Weight loss with no-diet -- Centaurs are us -- Cards and playfulness -- Willpower is not what it used to be -- Giving up smoking without ever quitting -- Habits, multiplicities, and paradoxes -- Card games for two -- Dice man and woman -- Standing straight and tall -- Epictetus meets Lady Luck -- Panic, obsessions, and broken hearts -- More card games -- Chance, change, and action.
Sommario/riassunto	Throughout history, in times of economic or political uncertainty, people have called on Lady Luck for help. This book shows how to let chance and chance-inspired action work for us. In addition, this book shows how the process of change can stop becoming a chore and become, instead, a playful experience.