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| 1. Record Nr.           | UNISA990002125520203316   |
| Autore                  | DEL GIUDICE, Vincenzo   |
| Titolo                  | Il diritto dello Stato nell'ordinamento canonico / Vincenzo Del Giudice   |
| Pubbl/distr/stampa      | Modena : Società tipografica modenese, 1924   |
| Descrizione fisica      | 27 p. ; 24 cm   |
| Collocazione            | IG VI 521/2   |
| Lingua di pubblicazione | Italiano  |
| Formato                 | Materiale a stampa  |
| Livello bibliografico   | Monografia  |
| 2. Record Nr.           | UNINA9910812019903321   |
| Autore                  | O'Sullivan Michael  |
| Titolo                  | A practical guide to working with depression : a cognitive behavioural approach for mental health workers // Michael O'Sullivan, Samantha Watson and Brendan Butler |
| Pubbl/distr/stampa      | Hove, England : , : Pavilion, , 2017  |
| ISBN                    | 1-910366-58-7   |
| Descrizione fisica      | 1 online resource (iv, 87 pages) : illustrations  |
| Disciplina              | 616.890076  |
| Soggetti                | Mental health personnel - Certification   |
| Lingua di pubblicazione | Inglese   |
| Formato                 | Materiale a stampa  |
| Livello bibliografico   | Monografia  |

3. Record Nr.	UNINA9910827605303321
Autore	Biller Henry B
Titolo	Creative fitness : applying health psychology and exercise science to everyday life // Henry B. Biller
Pubbl/distr/stampa	Westport, Conn. : , : Praeger, , 2002 London : , : Bloomsbury Publishing, , 2024
ISBN	979-84-00-63347-8 0-313-01397-7
Edizione	[1st ed.]
Descrizione fisica	1 online resource (268 p.)
Disciplina	613.7
Soggetti	Physical fitness - Psychological aspects Exercise - Psychological aspects Clinical health 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. [197]-226) and indexes.
Nota di contenuto	Machine generated contents note: Step I Appreciating Your Biological Individuality -- Chapter 1 Body Wisdom -- Getting Started -- Nurturing Yourself -- Intrinsic Pleasures -- Self-Understanding -- Personality Factors -- Lifetime Implications -- Chapter 2 Staying Healthy -- Valuing Exercise -- Feeling Fit -- Inner Improvements -- Increasing Longevity -- Decreasing Risks -- Lessening Disabilities -- Sensible Changes --Step II Understanding Your Personal Potential -- Chapter 3 Mental Vitality -- Emotional Wellness -- Building Confidence -- Expanding Competence -- Relieving Stress -- Managing Anger -- Having Fun -- Deeper Meanings -- Chapter 4 Motivating Yourself -- Varied Options -- Moving Forward -- Gradual Progress -- Comfort Zones -- Overall Conditioning -- Relaxed Routines -- Internal Incentives --Step III Enjoying Your Exercise Experience -- Chapter 5 Playful Movement -- Enduring Influences -- Optimal Levels -- Individual Tempo -- Happy Times -- Athletic Activities -- Effective Scheduling -- Sustaining Performance -- Preventing Burnout -- Chapter 6 Muscle Games -- Lifetime Fitness -- Basic Stimulation -- Furthering Flexibility -- Gaining Strength -- Invigorating Options -- Selecting Sequences -- Alternating Endeavors --Step IV Improving Your

Physical Appearance -- Chapter 7 Eating Well -- Controlling Fat --  
Influencing Appetite -- Burning Calories -- Balanced Nutrition --  
Getting Leaner -- Food Preferences -- Prudent Adjustments -- Healthy  
Choices -- Chapter 8 Looking Good -- Constructive Changes -- Body  
Image -- Physique Variations -- Coping Patterns -- Shaping Up --  
Attractive Abdominals -- Back Conditioning -- Arm Definition -- Torso  
Toning -- Leg Enhancement --Step V Maximizing Your Healthful  
Lifestyle -- Chapter 9 Family Fitness -- Playing Together -- Realistic  
Expectations -- Good Examples -- Sensitive Support -- Youth Sports  
-- Providing Alternatives -- Sharing Opportunities -- Self-Protection  
-- Parenting Rewards -- Quality Time -- Chapter 10 Life Satisfaction  
-- Setting Priorities -- Nutritious Enjoyment -- Ensuring Restfulness --  
Sexual Fulfillment -- Enhancing Work -- Active Involvement -- Positive  
Aging -- Maintaining Connections.

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