

1.	Record Nr.	UNISA990002748740203316
	Autore	CORRERA, Carlo
	Titolo	Manuale giuridico lattiero caseario : leggi, decreti, ordinanze e circolari dal 1928 al 1984 su produzione e smercio di latte burro e formaggi / Carlo Correra
	Pubbl/distr/stampa	Salerno : Boccia (, stampa 1984)
	Descrizione fisica	387 p. ; 24 cm
	Disciplina	344.04232
	Soggetti	Latte - produzione - legislazione
	Collocazione	P13 860
	Lingua di pubblicazione	Italiano
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910972654103321
	Autore	Edinger Jack D
	Titolo	Overcoming insomnia : a cognitive-behavioral therapy approach : workbook / / Jack D. Edinger, Colleen E. Carney
	Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2008
	ISBN	0-19-024217-5 1-281-86836-1 9786611868369 0-19-971081-3
	Edizione	[1st ed.]
	Descrizione fisica	1 online resource (79 p.)
	Collana	Treatments that work
	Altri autori (Persone)	CarneyColleen E. <1971->
	Disciplina	616.8 616.8/498 616.8498
	Soggetti	Insomnia - Treatment Cognitive therapy
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia

Note generali	Description based upon print version of record.
Nota di contenuto	Contents; Chapter 1 Is This Book Right for Me?; Chapter 2 Sleep Education; Chapter 3 Improving Your Sleep; Chapter 4 Combating Unhelpful Thoughts; Chapter 5 Troubleshooting; Appendix: Forms and Worksheets
Sommario/riassunto	It is estimated that one in ten U.S. adults suffers from chronic insomnia. If left untreated, chronic insomnia reduces quality of life and increases risk for psychiatric and medical disease, especially depression and anxiety. There are two forms of insomnia: secondary insomnia, in which it is comorbid with another condition such as psychiatric disorders, chronic pain conditions, or cardiopulmonary disorders, and primary insomnia, which does not coexist with any other disorder, Though insomnia may be caused by any number of things, it is primarily sustained by the development of poor sleep habi