

1. Record Nr.	UNISA990003375940203316
Autore	HOUSTON, Paul L.
Titolo	Chemical kinetics and reaction dynamics / Paul L. Houston
Pubbl/distr/stampa	Mineola : Dover, 2006
ISBN	0486453340
Descrizione fisica	XV, 330 p. : ill. ; 28 cm
Disciplina	540
Soggetti	Chimica
Collocazione	540 HOU
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Rist. con correzioni dell'ed. New York: McGraw-Hill, 2001
2. Record Nr.	UNISA99000203200203316
Autore	Herman, Ivan
Titolo	The use of projective geometry in computer graphics / I. Herman
Pubbl/distr/stampa	Berlin [etc.] : Springer-Verlag, copyr. 1992
ISBN	3-540-55075-5
Descrizione fisica	VIII, 146 p. : ill. ; 25 cm
Collana	Lecture notes in computer science ; 564
Disciplina	5165
Collocazione	001 LNCS (564)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

3. Record Nr.	UNINA9910792788603321
Autore	Winston Sally M.
Titolo	Overcoming unwanted intrusive thoughts : a CBT-based guide to getting over frightening, obsessive, or disturbing thoughts / / Sally M. Winston, PsyD, Martin N. Seif, PhD
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, Inc., , [2017] Distributed in Canada by Raincoast Books. ©2017
ISBN	9781626254350 1626254354 9781626254343 1626254346
Descrizione fisica	1 online resource (180 pages, 13 unnumbered pages) : illustrations
Disciplina	616.8
Soggetti	Intrusive thoughts Thought insertion Cognition disorders Cognitive therapy Anxiety disorders Interference (Perception) Anxiety Cognitive Disorders Cognitive Therapy Stress, Psychological Thinking
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"Distributed in Canada by Raincoast Books"--Title page verso.
Nota di bibliografia	Includes bibliographical references (pages 179-180).
Nota di contenuto	Recovering from unwanted intrusive thoughts -- Varieties of intrusive thoughts -- What thoughts mean: myths and facts -- Unwanted intrusive thoughts Q and A -- How the brain creates unwanted intrusive thoughts -- Why nothing has worked -- How to handle thoughts when they happen -- Getting over unwanted thoughts for

good -- What does recovery mean? -- When to seek professional help
-- Appendix: A recipe for unwanted intrusive thoughts (what not to do).

Sommario/riassunto

"You are not your thoughts! In this powerful book, two anxiety experts offer proven-effective cognitive behavioral therapy (CBT) skills to help you get unstuck from disturbing thoughts, overcome the shame these thoughts can bring, and reduce your anxiety. If you suffer from unwanted, intrusive, frightening, or even disturbing thoughts, you might worry about what these thoughts mean about you. Thoughts can seem like messages--are they trying to tell you something? But the truth is that they are just thoughts, and don't necessarily mean anything. Sane and good people have them. If you are someone who is plagued by thoughts you don't want--thoughts that scare you, or thoughts you can't tell anyone about--this book may change your life. In this compassionate guide, you'll discover the different kinds of disturbing thoughts, myths that surround your thoughts, and how your brain has a tendency to get "stuck" in a cycle of unwanted rumination. You'll also learn why common techniques to get rid of these thoughts can backfire. And finally, you'll learn powerful cognitive behavioral skills to help you cope with and move beyond your thoughts, so you can focus on living the life you want. Your thoughts will still occur, but you will be better able to cope with them--without dread, guilt, or shame. If you have unwanted thoughts, you should remember that you aren't alone. In fact, there are millions of people just like you--good people who have awful thoughts, gentle people with violent thoughts, and sane people with "crazy" thoughts. This book will show you how to move past your thoughts so you can reclaim your life! This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation--an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives."--Provided by publisher.