

1. Record Nr.	UNISA990005796880203316
Autore	LANCHESTER, Fulco
Titolo	Weimar e il problema politico-istituzionale italiano / a cura di Fulco Lanchester e Francesco Brancaccio
Pubbl/distr/stampa	Milano : Giuffr�, 2012
ISBN	88-14-17648-5
Descrizione fisica	XII, 359 p. ; 24 cm
Collana	Quaderni di Nomos , Le attualit� nel diritto
Altri autori (Persone)	BRANCACCIO, Francesco
Disciplina	327.43045
Soggetti	Germania - Rapporti [con l']Italia - 1919-1933 - Legislazione
Collocazione	XXII.3.F. 121
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr.	UNINA9910815066903321
Autore	Fitzpatrick Carol
Titolo	A short introduction to helping young people manage anxiety // Carol Fitzpatrick
Pubbl/distr/stampa	London, England ; ; Philadelphia, Pennsylvania : , : Jessica Kingsley Publishers, , 2015 ©2015
ISBN	0-85700-989-3
Descrizione fisica	1 online resource (114 p.)
Collana	JKP Short Introductions Series
Disciplina	616.85/2200835
Soggetti	Anxiety in adolescence Anxiety disorders - Treatment
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 and index.
Nota di contenuto	""A Short Introduction to Helping Young People Manage Anxiety""; ""Preface""; ""Chapter 1. What is anxiety?""; ""Chapter 2. Why are some young people more anxious than others?""; ""Chapter 3. Approaches that work with anxious young people""; ""Chapter 4. Helping anxious young people manage school""; ""Chapter 5. Helping with common forms of anxiety""; ""Chapter 6. Helping with different types of anxiety""; ""Chapter 7. Getting professional help""; ""Chapter 8. Special problems""; ""Chapter 9. What does the future hold?""; ""Appendix: Resources""; ""References""; ""Index""; ""Blank Page""
Sommario/riassunto	Anxiety is an increasingly common problem in young people, but there are many different causes and types, and it can be difficult to know where to start in order to understand it and know how best to help. This easy-to-read guide provides information about the different types of anxiety and why some young people experience anxiety, and is full of advice and tips on how to help and support young people. As well as common types of anxiety such as generalised anxiety disorder and social anxiety disorder, it also covers issues or disorders that can occur alongside anxiety such as depression, self-h