

1. Record Nr.	UNINA9910453429403321
Autore	Barlow David H.
Titolo	10 steps to mastering stress : a lifestyle approach / / David H. Barlow, Ph.D., Ronald M. Rapee, Ph.D. Sarah Perini, M.A. ; authors
Pubbl/distr/stampa	Oxford, [England] ; ; New York, [New York] : , : Oxford University Press, , 2014 ©2014
ISBN	0-19-935908-3 0-19-060141-8 0-19-935907-5
Edizione	[Updated edition.]
Descrizione fisica	1 online resource (146 p.)
Altri autori (Persone)	RapeeRonald M PeriniSarah
Disciplina	155.9/042
Soggetti	Stress (Psychology) Stress management Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover; 10 Steps to Mastering Stress; Copyright; CONTENTS; INTRODUCTION; STEP ONE Understand Your Stress; STEP TWO Relax Your Body; STEP THREE Think Realistically; STEP FOUR evaluate Consequences; STEP FIVE Test Predictions; STEP SIX Stay Present; STEP SEVEN Take Control; STEP EIGHT Be Assertive; STEP NINE Manage Your Time; STEP TEN Solve Problems; CONCLUSION; ABOUT THE AUTHORS
Sommario/riassunto	We know that stress is bad for us. We see evidence of this in the news, we hear it from our doctors, and we feel it at the end of a hectic week. Health professionals have learned that stress interferes with our lives-it increases missed work days, can lead to relationship difficulties, and can increase the risk of turning to drugs and alcohol. It has also been shown that in some cases, chronic stress can increase our risk of developing certain serious illnesses. We know of all these negative effects that stress can cause, but, realistically, for most of us there's no end in sight-stressful eve

2. Record Nr.	UNISALENTO991000897739707536
Autore	Erickson, Milton H.
Titolo	La ristrutturazione della vita con l'ipnosi / Milton H. Erickson ; a cura di Ernest L. Rossi, Margaret O. Ryan
Pubbl/distr/stampa	Roma : Astrolabio, 1987
Descrizione fisica	1 v. ; 21 cm
Collana	Psiche e coscienza Seminari, dimostrazioni e conferenze di Milton H. Erickson ; 2
Altri autori (Persone)	Rossi, Ernest L. Ryan, Margaret O. Maddaloni, Salvatore
Disciplina	615.8512
Soggetti	Ipnosi
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