1. Record Nr. UNISA990001271700203316

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|---|---|
| Autore | COOPER, Brian |
| Titolo | Ricerche in internet / Brian Cooper ; [traduzione di Cristina Nazzari] |
| Pubbl/distr/stampa | Milano : Apogeo, 2001 |
| ISBN | 88-7303-813-1 |
| Descrizione fisica | 72 p. : ill. ; 18 cm |
| Collana | Vedere Capire |
| Disciplina | 004.678 |
| Soggetti | Internet - Guide |
| Collocazione | 004.678 COO (A) |
| Lingua di pubblicazione | Italiano |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |

2. Record Nr. UNISALENTO991001039699707536

| | |
|---|---|
| Autore | Citati, Pietro |
| Titolo | Leopardi / Pietro Citati |
| Pubbl/distr/stampa | Milano : Mondadori, 2010 |
| ISBN | 9788804603252 |
| Descrizione fisica | 436 p. ; 23 cm. |
| Collana | Saggi (Mondadori) |
| Soggetti | Leopardi, Giacomo Biografia<br>Leopardi, Giacomo Biografia |
| Lingua di pubblicazione | Italiano |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |

3. Record Nr. UNINA9910154320103321

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|---|---|
| Autore | Ellis Albert |
| Titolo | How to Keep People from Pushing Your Buttons |
| Pubbl/distr/stampa | New York : , : Citadel Press, , 2016<br>©2016 |
| ISBN | 9780806538105<br>0806538104 |
| Descrizione fisica | 1 online resource (148 pages) |
| Altri autori (Persone) | LangeArthur<br>DoyleKristene A |
| Disciplina | 158.2 |
| Soggetti | Rational emotive behavior therapy<br>Emotions |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di contenuto | Intro -- ALSO BY DR. ALBERT ELLIS -- Title Page -- Copyright Page -- Table of Contents -- Foreword -- A NOTE ON STYLE -- Introduction -- Chapter 1 - How We Let People and Things Push Our Buttons -- The Fatal Foursome -- The ABC's of Button-Pushing -- Chapter 2 - Nutty Beliefs We Use to Let Others Push Our Buttons -- Chapter 3 - Realistic Preferences: A Powerful Alternative to the Nutty Thinking We Do That Upsets Us -- "Oh My God, Not Timmy!" -- "Not Now, Dear!" -- Attilla the Boss -- Chapter 4 - Ten Nutty Beliefs That We Use to Let People and Situations Needlessly Push Our Buttons -- Chapter 5 - How to Change Your Irrational Thinking: Four Steps to Success -- Divorce: A Potential Four-Bagger -- "What Have You Done for Me Lately?" -- Clash of the Psyches (Not the Psychos) -- The Critic -- Chapter 6 - How to Keep People and Things From Pushing Your Buttons on the Job -- The Empty Suit -- Getting Punished for Doing Good Work -- This Is the Big One! -- The Whiners -- Chapter 7 - Spouses: The Ultimate Button-Pushers -- The Public Stiletto -- Don't Tread on Me -- The Old Switcheroo: Putting It Back on You -- Maybe It's Me -- The Green-eyed Monster -- What a Dummy -- Chapter 8 - Parenting: The Penultimate Test -- The Sibs Are "At It" Again -- Young Sex -- The Loose Cannon -- Me, Me, Me! -- Chapter 9 - A Plethora of Button-Pushers -- "Hey, |

Waiter-a Minute!" -- Being Single -- Sorry-It's the Rules! -- If You Really Loved Me, You'd . . . -- What, Me Worry? -- The Great Revenge: Undermine -- The Moment of Truth -- To Be-or Not to Be -- Chapter 10 - Go Get 'Em! -- Suggested Further Reading and Listening -- Appendix -- About the Authors -- Notes.

Sommario/riassunto

Life can be tough, and as situations and everyday hassles pile up, stress can feel non-stop. And now technology confronts us 24/7 with seemingly urgent demands on your attention. Ellis and Lange provide realistic, proven techniques that can help you reduce your stress levels and react effectively, whether the situation is professional and personal.