

1. Record Nr.	UNISA996388413803316
Autore	Swinnerton Thomas <d. 1554.>
Titolo	A litel treatise ageynste the mutteryng of some papistis in corners [[electronic resource]]
Pubbl/distr/stampa	Londini, : In aedibus Tho. Bertheleti, An. M.D.XXXIII. [1534]
Descrizione fisica	[36] p
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Attributed to Thomas Swinnerton by John Bale. At foot of title: Cum priuilegio. Signatures: A-B CÂ² . Identified as STC 19177 on UMI microfilm. Reproduction of the original in the Bodleian Library.
Sommario/riassunto	eebo-0014

2. Record Nr.	UNISALENTO991001118149707536
Autore	Roubine, Jean-Jacques
Titolo	Lectures de Racine / Jean-Jacques Roubine
Pubbl/distr/stampa	Paris : Colin, [1971]
Descrizione fisica	318 p. ; 17 cm
Collana	Collection U2. Serie Lectures Collection U2
Lingua di pubblicazione	Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia
3. Record Nr.	UNIORUON00076497
Autore	AHMAD b. Mugit al-Tulaytuli
Titolo	Al- Muqni fi ilm al-surut : (Formulario notarial) / Ahmad B. Mugit al-Tulaytuli ; introduccion y edicion critica por Francisco Javier Aguirre Sadaba
Pubbl/distr/stampa	57, 421 p. ; 24 cm
Edizione	[Madrid : Consejo Superior de Investigaciones Cientificas]
Descrizione fisica	Altro front. in arabo
Disciplina	340.5
Soggetti	DIRITTO ISLAMICO
Lingua di pubblicazione	Esperanto
Formato	Materiale a stampa
Livello bibliografico	Monografia

4. Record Nr.	UNINA9910154660903321
Autore	Blum Daniel
Titolo	Sleep Wise : How to Feel Better, Work Smarter, and Build Resilience
Pubbl/distr/stampa	Berkeley : , : Parallax Press, , 2016 ©2016
ISBN	9781941529416 1941529410
Descrizione fisica	1 online resource (146 pages)
Classificazione	HEA043000OCC011000SEL019000
Disciplina	613.794
Soggetti	Sleep Sleep disorders
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Title Page -- Copyright -- Dedication -- Contents -- Introduction: My Sleep Journey -- Part One: Science of Sleep -- 1. Why We Sleep -- 2. How Sleep Works -- Part Two: Your Sleep -- 3. Sleep Assessment -- 4. Sleep Story -- 5. Sleep Environment -- 6. Sleep Schedule -- Part Three: Sleep in Action -- 7. Performance: Incremental is Best -- 8. Exercise: Lunge Into the Day -- 9. Nutrition: Break the Fast -- 10. Mindfulness: Stress Less -- 11. Reflection: Practice Wisely -- Appendix -- Relaxation Exercises -- Recommended Resources -- Notes -- Bibliography -- Acknowledgments -- About the Authors -- Related Titles
Sommario/riassunto	"The Center for Disease Control considers insufficient sleep a national public health epidemic-- nearly 30% of adults and two-thirds of all high school students report they regularly get insufficient sleep. Time, effort, and intention are required to keep our sleep healthy. In Sleep Wise, Dr. Daniel Blumdiscusses the everyday activities and habits that play a major role in shaping sleep and overall health, including physical exercise and diet.Sleep Wiseincorporates sleep science, mindfulness practices related to sleep, and real-world examples and anecdotes to support a mindful, sustainable sleep practice. Anybody who has trouble sleeping will be relieved to have this enjoyable, effective manual at their bedside"--

