

1. Record Nr.	UNISALENTO991003521769707536
Autore	Graham, Alastair
Titolo	Molluscs : prosobranch and pyramidellid gastropods : keys and notes for the identification of the species / Alastair Graham
Pubbl/distr/stampa	Leiden : Linnean Society of London : Estuarine and Brackish-water Sciences Association by E. J. Brill/Dr. W. Backhuys, 1988
ISBN	9004086102
Edizione	[2nd ed.]
Descrizione fisica	vii, 662 p. : ill. ; 22 cm
Collana	Synopses of the British fauna. New Series ; 2
Disciplina	591.942
Soggetti	Mollusks - Great Britain - Identification Mollusks - Identification Prosobranchia - Great Britain - Identification
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Rev. ed. of: British prosobranch and other operculate gastropod molluscs. 1971 Includes Bibliography: p. 641-655 and index

2. Record Nr.	UNINA9911018751403321
Autore	Hassmen Peter
Titolo	Emotion control strategies for peak performance in neurodivergent brains : wired to thrive // Peter Hassmen, Emily Hindman
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Palgrave Macmillan, , 2025 ©2025
ISBN	9783031954337 9783031954320
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (xii, 171 pages) : illustrations
Collana	Global Perspectives in Applied Sport and Performance Psychology, , 3004-9679
Disciplina	158
Soggetti	Emotions Neurodivergent people - Psychology Performance - Psychological aspects Persones neurodivergents Psicologia cognitiva Psicologia aplicada Llibres electrònics
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Livello bibliografico	Monografia
Nota di contenuto	Chapter 1: Embracing Emotional Regulation in Peak Performance -- Chapter 2: The Two Faces of Performance Anxiety -- Chapter 3: Self-Regulation Strategies for Repetitive Thoughts -- Chapter 4: A Strengths-Based Approach to Attentional Regulation -- Chapter 5: Sensory Sensitivity and Strengths in Autism -- Chapter 6: Skills to Manage Traits of Vulnerable Narcissists -- Chapter 7: Integrating Peak Performance and Wellbeing.
Sommario/riassunto	This unique book shows how traits and emotional patterns, often seen as barriers, can be transformed into powerful assets for success. Through fascinating case studies and science-backed strategies, readers learn to regulate emotions, build emotional resilience, sharpen focus, and achieve personal and professional excellence. Each chapter delivers practical tools for strengthening emotional regulation,

addressing negative thinking, and improving adaptability. Core theories—including Maslow’s hierarchy of needs, Csikszentmihalyi’s flow, and Hanin’s individual zone of optimal functioning—are brought to life through real-world examples, making complex ideas accessible and actionable. Promoting a neurodiversity-affirming approach, the book invites readers to move beyond deficit thinking and unlock the full potential of individual strengths. Structured reflection, measurable progress tracking, and tailored environment design are essential to long-term performance and wellbeing. Whether you are an athlete, entrepreneur, healthcare professional, academic, or leader, this book challenges you to redefine success. Excellence is not about perfection or pressure but adaptability, emotional mastery, and sustainable growth. This is your vital guide to flourishing, even when the pressure is at its highest. It is packed with ideas and practical solutions that you can tailor to your specific journey. Dr Peter Hassmén is a Professor of Psychology at Southern Cross University, Australia, where he contributes to the Faculty of Health, focusing on mental health and wellbeing. He earned his PhD in psychology from Stockholm University, Sweden, in 1991 and was promoted to professor in 2001. Peter has authored over 150 peer-reviewed research articles and ten books throughout his academic career. Dr Emily Hindman is a Clinical Neuropsychologist, Clinical Psychologist, and Adjunct Associate Professor at Southern Cross University, Australia. Emily is a committed advocate for neurodiverse individuals and a leading voice in strength-based, neurodiversity-affirming approaches to psychological wellbeing. She brings over 15 years of experience supporting both children and adults with complex mental health and neurodevelopmental conditions, including anxiety, attention-deficit/hyperactivity disorder, autism spectrum disorder, obsessive-compulsive disorder, and trauma-related disorders. .
