

Insonnia Il Metodo Semplice Per Ri Addormentarsi

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Pain - Horn, Sandra 1997-08-01

* What explanations have been advanced for pain and and what are their shortcomings? * How do theoretical models account for apparent anomalies in the experience of pain? * What are the implications for clinical practice and how has practice guided theory? Psychology has made an enormous contribution to the understanding of pain and its phenomena, mechanisms, and treatments. This book explores and integrates current research in key areas of pain and pain management from a psychological perspective, and places recent developments in an historical context. The experience of pain cannot be captured in physiological terms, and treatments based on physical models are often inadequate. This book explores the multidimensional nature of pain mechanisms, including the roles of past experience, culture and personality, and considers the implications for research and treatment. The approach is primarily theoretical, but with a significant emphasis on clinical practice and application. This balance is often lacking in comparable texts, and is enhanced by the professional and research background of the authors. This clear and approachable text includes self-contained chapters that can be regarded as units of study and a unified glossary of terms completes the package. It is designed to provide a key resource for advanced undergraduate and postgraduate courses in health psychology, clinical psychology and social psychology as well as students and practitioners in health and social welfare.

Changeology - John C. Norcross 2013-12-10

An internationally recognized expert on behavior change presents a revolutionary approach to personal improvement that converts scientifically proven techniques into a 90-day plan with five simple steps. 35,000 first printing.

La domenica del Corriere supplemento illustrato del Corriere della sera - 1907

[Survival In Auschwitz](#) - Primo Levi 1996

The author describes his twenty month ordeal in the Nazi death camp.

Like It Or Leave It - Enrico Rolla 2018-04-26

Living serene and healthy relationships means neither suffering nor being aggressive towards others. "Like it or leave it" will help you actively seek and reach this balance in everyday life with simplicity by analyzing and adjusting the hitches in our day-to-day relationships so we can resolve or rescale them. A pleasant, lively and unpretentious book to help the young grow up, the fainthearted emerge and the aggressive learn to smile.

Disclaimer - Renée Knight 2015-05-19

"Sensationally good psychological suspense...exactly what a great thriller should be." — Lee Child
Bestselling author Renee Knight delivers a brilliant and deeply unsettling psychological thriller about a woman haunted by secrets, the consuming desire for revenge, and the terrible price we pay when we try to hide the truth. What if you realized the terrifying book you were reading was all about you? Finding a mysterious novel at her bedside plunges documentary filmmaker Catherine Ravenscroft into a living nightmare. Though ostensibly fiction, *The Perfect Stranger* recreates in vivid, unmistakable detail the terrible day she became hostage to a dark secret, a secret that only one other person knew—and that person is dead. Intertwined with Catherine's narrative is that of Stephen Brigstocke, a grieving widower who discovered among his late wife's possessions a manuscript that horrifies him. Convinced that it tells

the truth, he cannot rest until he shares it not only with Catherine but also with her husband and son. As Catherine's world falls apart, she knows that the only way forward is to confront Brigstocke and tell him what really happened that day, even if the reality is even more agonizing than what he currently believes. *Disclaimer* is about a normal woman whose entire life is changed in one fateful day, when her past finally catches up with her. A breathtakingly suspenseful debut novel, it captures the consuming desire for revenge, and the terrible price we pay for hiding the truth.

Substance Use and Abuse - Russil Durrant 2003-04-07

Substance use and abuse are two of the most frequent psychological problems clinicians encounter. Mainstream approaches focus on the biological and psychological factors supporting drug abuse. But to fully comprehend the issue, clinicians need to consider the social, historical, and cultural factors responsible for drug-related problems. *Substance Use and Abuse: Cultural and Historical Perspectives* provides an inclusive explanation of the human desire to take drugs. Using a multidisciplinary framework, authors Russil Durrant and Jo Thakker explore the cultural and historical variables that contribute to drug use. Integrating biological, psychosocial, and cultural-historical perspectives, this innovative and accessible volume addresses the fundamental question of why drug use is such a ubiquitous feature of human society.

[The Pocket Pema Chodron](#) - Pema Chödrön 2008-12-09

A portable collection of short inspirational readings by "one of the world's wisest women"—the American Buddhist teacher and author of *When Things Fall Apart* (O, the Oprah Magazine) Pema Chödrön, beloved Buddhist nun and best-selling author, offers this treasury of 108 short selections from her more than four decades of study and writings. Here she presents teachings on breaking free of destructive patterns; developing patience, kindness, and joy amid our everyday struggles; becoming fearless; and unlocking our natural warmth, intelligence, and goodness. Designed for on-the-go inspiration, this is a perfect guide to Buddhist principles and the foundations of meditation and mindfulness. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Addiction Medicine - John B. Saunders 2016-08-18

Substance use and related addictive disorders rate amongst the top four risk factors contributing to the global burden of disease and form an increasingly important part of medical and healthcare practice. Substance use disorders can cause, mimic, underlie or complicate a large number of common medical and psychiatric disorders. Making a correct diagnosis of the substance use disorder can facilitate clinical diagnosis, avoid unnecessary tests, shorten the hospital stay and make the clinician's and patient's life easier and safer. Part of the successful Oxford Specialist Handbooks series, the second edition of *Addiction Medicine* is a concise and practical guide for students, practitioners of medicine and other health professions who come into contact with people with substance use disorders. Providing up-to-date practical assessment, diagnosis, treatment and management options, this edition expands on the first edition through updated content and global coverage of addiction medicine. Edited by a global team of addiction specialists from multiple disciplines, *Addiction Medicine, Second edition* contains everything you need to know to assist in the assessment, diagnosis and clinical management of patients with substance use and related

addictive disorders.

Rogue Economics - Loretta Napoleoni 2011-01-04

What do Eastern Europe's booming sex trade, America's subprime mortgage lending scandal, China's fake goods industry, and celebrity philanthropy in Africa have in common? With biopirates trolling the blood industry, fish-farming bandits ravaging the high seas, pornography developing virtually in Second Life, and games like World of Warcraft spawning online sweatshops, how are rogue industries transmuting into global empires? And will the entire system be transformed by the advent of sharia economics? With the precision of an economist and the narrative deftness of a storyteller, syndicated journalist Loretta Napoleoni examines how the world is being reshaped by dark economic forces, creating victims out of millions of ordinary people whose lives have become trapped inside a fantasy world of consumerism. Napoleoni reveals the architecture of our world, and in doing so provides fresh insight into many of the most insoluble problems of our era.

Cognitive Therapy of Eating Disorders on Control and Worry - Sandra Sassaroli 2011

The aim of this book is to illustrate a variant of the standard cognitive treatment for eating disorders. This therapy is based on the principle that assessing and treating the patient's process of worry and sense of control fosters greater understanding of the psychopathology of the eating disorder and increases the efficacy of cognitive treatment. The book is an edited collection of chapters that discuss the psychopathological roles played by control and worry in eating disorders, and provide a detailed description of the therapeutic protocol, which primarily focuses on the treatment of the cognitive factors of control and worry as core factor of a psychotherapy of eating disorders. In addition, the book shows contributions from other theorists in the field who have investigated the role of worry, preoccupation, and control, or who explore the connections between worry, control, and other emotional factors underlying eating disorders, such as perfectionism, self-esteem, and impulsivity.

Brave New World Revisited - Aldous Huxley 2014-01-01

When Aldous Huxley wrote his famous novel Brave New World, he did so with the sincere belief that the dystopian world he created was a true possibility given the direction of the social, political and economic world order. Written almost thirty years later, Brave New World Revisited is a re-evaluation of his predictions based on the changes he had witnessed in the meantime. In this twelve-part essay, Huxley argues that society is moving toward his dystopian vision even faster than he had originally assumed, and provides his own suggestions on how to bring an end to this decadent decline. Brave New World Revisited condemns symptoms of modern life such as overpopulation, propaganda and extreme government control while providing a staunch defence of individualism. Despite being published over fifty years ago, the problems identified in Brave New World Revisited are still startlingly relevant, lending a chilling credibility to Aldous Huxley's unsettling predictions. HarperTorch brings great works of non-fiction and the dramatic arts to life in digital format, upholding the highest standards in ebook production and celebrating reading in all its forms. Look for more titles in the HarperTorch collection to build your digital library.

Il cervello consapevole e ri-conoscente - Claudio Scalco 2013-08-07

Ogni Persona è unica e irripetibile, con il dono di un cervello fantastico dalla potenza inimmaginabile, definito da alcuni scienziati "il servomeccanismo più potente e sofisticato dell'universo conosciuto". La gran parte delle sue immense capacità è sepolta nel nostro inconscio, nascosta alla nostra consapevolezza. Elaborando la realtà che ci perviene dai nostri sensi, con questo strumento straordinario costruiamo continuamente, spesso in modo inconsapevole, i mondi in cui siamo convinti di vivere e la nostra identità. Spesso le Persone hanno capacità e valore molto superiori a quello che pensano di se stesse, e costruiscono mondi che potrebbero essere molto, molto più gratificanti e generosi. È vero che ancora non possediamo il "manuale di istruzioni" del nostro cervello, ma possiamo ugualmente fare molto per cambiare positivamente la percezione del mondo e di noi stessi:

- Migliorare la conoscenza del nostro cervello.
- Utilizzare le conoscenze scientifiche e le buone pratiche per mantenere il nostro cervello efficiente ed elastico.
- Utilizzare in maniera produttiva la magia della nostra immaginazione.
- Aumentare la Consapevolezza con le pratiche di Mindfulness e Meditazione Trascendentale.
- Scoprire la tecnica della Ri-Conoscenza e iniziare a vedere intorno a noi più bellezza e miracoli piuttosto che minacce, prede e nemici.

• Capire e accettare la diversità degli altri e scoprire che è un grande Valore. C'è qualcosa di grandioso nel fatto che esistiamo, siamo esseri straordinari e abbiamo la responsabilità della felicità nostra e del mondo che ci ospita e ci nutre. "Tu sei ciò che scegli e cerchi di essere" - Il gigante di ferro.

Emdr and Dissociation: The Progressive Approach - Anabel Gonzalez 2012-06

EMDR is a psychotherapeutic approach developed for the treatment of PTSD, meanwhile, practicing clinicians have found the application of EMDR to be useful in treating patients who have experienced emotionally traumatic events, which they described as distinctive of their family-of-origin, their personal life history and their attachment relations. In this book the authors describe some of the basic aspects that therapists must understand in order to adequately apply EMDR in the more severe cases, including dissociative disorders, personality disorders and different types of complex traumatization.

The Sources of a Science of Education - John Dewey 2013-04-16

Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. Pomona Press are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

The Language of the Body - Alexander Lowen 2012-12-18

The Language of the Body, originally published as Physical Dynamics of Character Structure, brilliantly describes how personality is expressed in the form and function of the body. The body is the key to understanding behavior and working with the body is the key to psychological health. The Language of the Body outlines the foundations of character structure: schizoid, oral, masochistic, hysteric, and phallic narcissistic personality types. Dr. Lowen examines the relationship between psychoanalytic theory and body therapy.

Il Policlinico - 1899

Polysomnography for the Sleep Technologist - Bonnie Robertson 2013-10-25

The only sleep technology text written by experienced polysomnography educators, Polysomnography for the Sleep Technologist: Instrumentation, Monitoring, and Related Procedures covers the procedural knowledge you need to understand sleep studies. A sequential learning model systematically covers electronics, instrumentation, recording parameters, data acquisition, ancillary equipment, troubleshooting, recording quality, infection control, basic positive pressure therapy, and cardiopulmonary monitoring and intervention essential to polysomnography. In-depth discussions of polysomnographic technology in the clinical evaluation, physiological monitoring and testing, instrumentation, diagnosis, infection control, management and prevention of a wide spectrum of sleep-related disorders and daytime alertness offers comprehensive coverage of polysomnography technology. Expert content written by the same authors who were instrumental in producing a standardized model curriculum outline. Unique sequential approach builds concepts over time and simplifies the material's complexity. Over 150 full-color graphs, charts, and illustrations supply visual guidance. End-of-chapter review questions help you assess your knowledge and prepare for certification as a sleep technologist. Chapter outlines, learning objectives, key terms and a bulleted chapter summary supplies a standard format to help you identify and focus on key content.

Psychoeducation Manual for Bipolar Disorder - Francesc Colom 2006-10-05

Although the mainstay of bipolar therapy is drug treatment, psychoeducation is a technique that has proven to be very effective as an add-on to medication, helping to reduce the number of all types of bipolar recurrences and hospitalisation. The object is to improve patients' understanding of the disorder and therefore their adherence to pharmacotherapy. Based on the highly successful, evidence-based Barcelona program, this book is a pragmatic, therapists' guide for how to implement psychoeducation for bipolar patients. It gives practical guidance for how to conduct a psychoeducation group, using sessions and cases drawn from the Barcelona Psychoeducation Program. Moreover, it provides the reader with a great amount of practical tips and tricks and specific techniques to maximize the benefits of bipolar psychoeducation. The authors formed the first group to show the efficacy of psychoeducation as a maintenance treatment and have a long history of performing bipolar psychoeducation.

Palliative Care in Neurology - Raymond Voltz 2004

Patients with degenerative neurological disorders are among the most handicapped patients in medicine.

Many of these diseases are incurable. Expert palliative care is the duty of every neurologist: however, to date, this has not been a standard feature of neurological practice or training. This book helps define a new field, namely palliative care in neurology. It brings together all necessary information for neurologists caring for a patient with advanced disease. Palliative care is an approach to the management of patients with life-threatening illness that attempts to enhance comfort, relieve psychosocial and spiritual distress, assure respect for decision making, provide support for the family, and prepare the patient and family for the end of life. This unique book covers each of the many dimensions of palliative care as they relate to patients with advanced neurological disorders. Basic principles of palliative care and specific ethical issues (such as euthanasia, food and hydration and advanced directives) are covered. The needs of populations with specific neurological disorders are described and the management of symptoms that are common to all is explored in detail. Each chapter introduces its topic using a case report which may be used directly for teaching purposes. The authors have put together an invaluable resource, which lays the foundation for further research in the field.

Zeno's Conscience - Italo Svevo 2003-02-04

Long hailed as a seminal work of modernism in the tradition of Joyce and Kafka, and now available in a supple new English translation, Italo Svevo's charming and splendidly idiosyncratic novel conducts readers deep into one hilariously hyperactive and endlessly self-deluding mind. The mind in question belongs to Zeno Cosini, a neurotic Italian businessman who is writing his confessions at the behest of his psychiatrist. Here are Zeno's interminable attempts to quit smoking, his courtship of the beautiful yet unresponsive Ada, his unexpected—and unexpectedly happy—marriage to Ada's homely sister Augusta, and his affair with a shrill-voiced aspiring singer. Relating these misadventures with wry wit and a perspicacity at once unblinking and compassionate, Zeno's Conscience is a miracle of psychological realism.

Meditation for Busy People - Osho 2014-10-20

Meditation for Busy People offers simple strategies to reduce tension, minimize chronic stress, and quickly relax and unwind. Nobody needs meditation more than people who have no time to meditate. These busy people may have tried meditation but given it up, as it seems so difficult to integrate into a hectic lifestyle. Most traditional meditation techniques were developed thousands of years ago for people living a very different lifestyle than today. Few people today find it easy to just sit down and relax. Meditation for Busy People is filled with methods that can actually be integrated into everyday life. A morning commute becomes a centering exercise, and the street noises outside an apartment window in the city become an aid rather than a distraction to finding the silent space within. Both active and passive meditation techniques are covered, and the aim of all the techniques is to teach the practitioner how to find the stillness in the storm of everyday life. Many methods are specially designed to be integrated into the reader's everyday routines, so that they soon can tackle even the most hectic day with an attitude of relaxed calm and playfulness.

Insonnia. Il metodo semplice per (ri)addormentarsi in 7 minuti - Enrico Rolla 2019

Atlas of Polysomnography - James D. Geyer 2012-10-09

This text/atlas is a unique source of practical information for clinicians who must interpret polysomnography tracings of the neonate, infant, child, and adult. Most atlases show only the images of the various findings; this atlas emphasizes how to actually interpret and report on the polysomnography findings. In the Second Edition, the authors have expanded the captions to include both explanations and helpful hints as well as formal interpretation. The book is organized into sections that allow it to be both comprehensive and practical. This edition has been expanded to cover the breadth and depth of neonatal and pediatric sleep.

Kiss Me - Carlos González 2020-06-03

How we parent our children is at the heart of our relationships with them – and Dr Carlos Gonzalez, a renowned Spanish paediatrician and father, believes that our children deserve all the love we can give them. If we reject the routines and excessive discipline promoted by self-styled childcare experts, and instead parent with love, respect and freedom, we can allow our children to grow and thrive both physically and emotionally. A bestseller in Spain, Kiss Me encourages parents to see the good in their children and

nurture it carefully, forging warm and rewarding family relationships. With discussions of how to handle common parenting issues including sleep, rewards and punishment and carving out quality time with our children, this warm and reassuring book is hugely valuable for parents in today's world.

Therapy Manuals for Drug Addiction - 2003

Uncle Petros and Goldbach's Conjecture - Apostolos Doxiadis 2012-11-15

Uncle Petros is a family joke. An ageing recluse, he lives alone in a suburb of Athens, playing chess and tending to his garden. If you didn't know better, you'd surely think he was one of life's failures. But his young nephew suspects otherwise. For Uncle Petros, he discovers, was once a celebrated mathematician, brilliant and foolhardy enough to stake everything on solving a problem that had defied all attempts at proof for nearly three centuries - Goldbach's Conjecture. His quest brings him into contact with some of the century's greatest mathematicians, including the Indian prodigy Ramanujan and the young Alan Turing. But his struggle is lonely and single-minded, and by the end it has apparently destroyed his life. Until that is a final encounter with his nephew opens up to Petros, once more, the deep mysterious beauty of mathematics. Uncle Petros and Goldbach's Conjecture is an inspiring novel of intellectual adventure, proud genius, the exhilaration of pure mathematics - and the rivalry and antagonism which torment those who pursue impossible goals.

5 Days to a Perfect Night's Sleep for Your Child - Eduard Estivill 2010-11-24

An international phenomenon now available in America for the first time, this quick, no-nonsense guide is all you need to get your child to sleep through the night (pillow not included). These days, most books on improving your child's sleep take either a tough-love approach (ignore crying) or a soothing strategy (offer continuous comfort). But now an internationally renowned sleep expert provides a middle-ground method that will have your child sleeping through the night at any age. Dr. Eduard Estivill's no-fail technique focuses on a mixture of authority, ritual, and reward. Parents can end negative cycles of resistance and wakefulness and feel as rested as their child will by following these expert tips: • Adopt a firm and confident attitude (your child will pick up on your mood). • Use meals as a cue to announce your child's next nap or nighttime sleep. • Incorporate appropriate elements (such as a stuffed animal or a pacifier) at bedtime so your child will not rely on you as a vital part of the sleep process. • Reinforce the contrast between light (day) and dark (night). • Never punish children by making them go to bed (it sends the wrong message about sleep time). • Learn what to say before—and after—the light is turned off. Complete with special techniques to use with newborns, plus an invaluable question-and-answer section that addresses specific concerns (children sleeping in their parents' bed, how divorced parents can work together, special-needs children), this sanity-saving guide promises sweet dreams for all.

Guidelines for the Psychosocially Assisted Pharmacological Treatment of Opioid Dependence - World Health Organization. Department of Mental Health and Substance Abuse 2009

"These guidelines were produced by the World Health Organization (WHO), Department of Mental Health and Substance Abuse, in collaboration with the United Nations Office on Drugs and Crime (UNODC) a Guidelines Development Group of technical experts, and in consultation with the International Narcotics Control Board (INCB) secretariat and other WHO departments. WHO also wishes to acknowledge the financial contribution of UNODC and the Joint United Nations Programme on HIV/AIDS (UNAIDS) to this project. " - p. iv

From Intellect to Intuition - Alice A. Bailey 1972

The development of the intellect, while necessary, is a means to an end. The intellect should become a means of penetrating into new dimensions of thought and consciousness, and of awakening the intuitive faculty of "pure reason". Through occult meditation the gap is bridged between the threefold mind and the intuition.

The Baron in the Trees - Italo Calvino 2017

"Cosimo di Rondó, a young Italian nobleman of the eighteenth century, rebels against his parents by climbing into the trees and remaining there for the rest of his life. He adapts efficiently to an existence in the forest canopy he hunts, sows crops, plays games with earth-bound friends, fights forest fires, solves engineering problems, and even manages to have love affairs. From his perch in the trees, Cosimo sees the

Age of Enlightenment pass by and a new century dawn. Long considered one of Calvino's finest works, *The Baron in the Trees* exemplifies this brilliant writer's gift for fantasy."--Page [4] of cover.

Handbook of Perinatal Clinical Psychology - Rosa Maria Quatraro 2020-03-26

The book examines the major issues in perinatal clinical psychology with the presence of theoretical information and operational indications, through a biopsychosocial approach. The multiplicity of scientific information reported makes this book both a comprehensive overview on the major perinatal mental health disorders and illnesses, and a clinical guide. It covers perinatal clinical psychology through a journey of 15 chapters, putting the arguments on a solid theoretical basis and reporting multiple operational indications of great utility for daily clinical practice. It has well documented new evidence bases in the field of clinical psychology that have underpinned the conspicuous current global and national developments in perinatal mental health. As such, it is an excellent resource for researchers, policy makers, and practitioners - in fact, anyone and everyone who wishes to understand and rediscover, in a single opera, the current scientific and application scenario related to psychological health during pregnancy and after childbirth.

Auschwitz Testimonies - Primo Levi 2017-10-16

In 1945, soon after the liberation of Auschwitz, Soviet authorities in control of the Kattowitz (Katowice) camp in Poland asked Primo Levi and his fellow captive Leonardo De Benedetti to compile a detailed report on the sanitary conditions they witnessed in Auschwitz. The result was an extraordinary testimony and one of the first accounts of the extermination camps ever written. Their report, published in a medical journal in 1946, marked the beginnings of Levi's life-long work as writer, analyst and witness. In the subsequent four decades, Levi never ceased to recount his experiences in Auschwitz in a wide variety of texts, many of which are assembled together here for the first time, alongside other testimony from De Benedetti. From early research into the fate of their companions to the deposition written for Eichmann's trial, *Auschwitz Testimonies* is a rich mosaic of documents, memories and critical reflections of great historic and human value. Underpinned by his characteristically clear language, rigorous method and deep psychological insight, this collection of testimonies, reports and analyses reaffirms Primo Levi's position as one of the most important chroniclers of the Holocaust.

Music Therapy - Leslie Bunt 2014-04-24

Music therapy is recognised as being applicable to a wide range of healthcare and social contexts. Since the first edition of *Music Therapy: An art beyond words*, it has extended into areas of general medicine, mainstream education and community practice. This new edition revises the historical and theoretical perspectives and recognises the growing evidence and research base in contemporary music therapy. Leslie Bunt and Brynjulf Stige document the historical evolution of music therapy and place the practice within seven current perspectives: medical, behavioural, psychoanalytical, humanistic, transpersonal, culture-centred and music-centred. No single perspective, individual or group approach is privileged, although the focus on the use of sounds and music within therapeutic relationships remains central. Four chapters relate to areas of contemporary practice across different stages of the lifespan: child health, adolescent health, adult health and older adult health. All include case narratives and detailed examples underpinned by selected theoretical and research perspectives. The final two chapters of the book reflect on the evolution of the profession as a community resource and the emergence of music therapy as an academic discipline in its own right. A concise introduction to the current practice of music therapy around the world, *Music Therapy: An art beyond words* is an invaluable resource for professionals in music therapy and music education, those working in the psychological therapies, social work and other caring professions, and students at all levels.

Anxiety - S Rachman 2013-08-21

Anxiety is a complex phenomenon and a central feature of many psychological problems. This thoroughly revised edition of *Anxiety* has been updated to include astonishing developments in the in the clinical implementation of knowledge about anxiety. In particular, this edition updates the reader with: A new chapter on health anxiety A fully updated chapter on obsessive compulsive disorders, including the concept

of mental contamination and the causes of obsessions An account of advances in therapeutic techniques. Unique in combining an introduction to the subject with comprehensive coverage of the latest developments in research and practice, this book provides excellent breadth and depth of coverage which all practicing and trainee clinical psychologists, and students of clinical psychology, will find extremely informative.

Supplemento al policlinico periodico di medicina, chirurgia ed igiene - 1896

Acupuncture for Insomnia - Hamid Montakab 2012-04-04

Insomnia and related sleep disorders concern 30-40% of the adult population and even up to 25% of children, affecting alertness and memory, causing emotional and physical fatigue, and putting the individual at increased risk for depression, cardiovascular disease, hypertension and other health hazards. *Acupuncture for Insomnia: Sleep and Dreams in Chinese Medicine* presents a highly effective treatment for chronic and acute sleeplessness using therapeutic strategies from both, TCM as well as Classical Chinese Medicine. Special Features Provides full background on the physiology, causes, and treatment of sleep disorders, drawing key parallels between concepts of Western and Chinese Medicine Classifies all acupuncture points that affect sleep to help in choosing the most appropriate treatment for your patient Offers a detailed analysis of sleep in Chinese Medicine to give you a full understanding of the energetics of sleep and wakefulness Analyzes the significance of dreams in Chinese Medicine and how dreams can be skillfully integrated into a patient's therapy Written from the unique perspective of a physician who is also trained in TCM and classical acupuncture, the book presents numerous case examples, and an up-to-date review of scientific studies on Chinese medicine and sleep. It is an essential reference for all acupuncture practitioners who provide optimal treatment to patients with insomnia, sleep disorders, and other sleep pathologies.

Cognitive Rehabilitation in Old Age - Robert D. Hill 2000

By representing a variety of viewpoints that span theory as well as practice, this book addresses important concepts in cognitive rehabilitation that are useful to intervention research. It evaluates everything from cognitive rehabilitation strategies in normal aging to the interplay between lifestyle patterns and cognitive function to strategies that address issues in pathological aging.

MhGAP Intervention Guide for Mental, Neurological and Substance-Use Disorders in Non-Specialized Health Settings - Version 2.0 - World Health Organization 2016-11-30

The mhGAP Intervention Guide (mhGAP-IG) for Mental, Neurological and Substance-use Disorders for Non-specialist Health Settings, is a technical tool developed by WHO to assist in implementation of mhGAP. The Intervention Guide has been developed through a systematic review of evidence followed by an international consultative and participatory process. The mhGAP-IG presents integrated management of priority conditions using protocols for clinical decision-making. The priority conditions included are: depression, psychosis, bipolar disorders, epilepsy, developmental and behavioural disorders in children and adolescents, dementia, alcohol use disorders, drug use disorders, self-harm/suicide and other significant emotional or medically unexplained complaints. The mhGAP-IG is a model guide and has been developed for use by health-care providers working in non-specialized health-care settings after adaptation for national and local needs.

If On A Winter's Night A Traveler - Italo Calvino 2012-12-11

These seemingly disparate characters gradually realize their connections to each other just as they realize that something is not quite right about their world. And it seems as though the answers might lie with Hawthorne Abendsen, a mysterious and reclusive author whose bestselling novel describes a world in which the US won the War... *The Man in the High Castle* is Dick at his best, giving readers a harrowing vision of the world that almost was. "The single most resonant and carefully imagined book of Dick's career." —New York Times