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Shares in a Nutshell 2003-09-29

an introduction to designing web pages that includes information on using html format creating graphics choosing the right audio and video accents and other related topics

Web Design in a Nutshell 2001

first there was html then along came javascript close on the heels of javascript came css and before you mastered that along came xml behind every successful web page is an overworked and underappreciated webmaster with a big pile of books about various web technologies spilling out across their desk that collection of books is a valuable resource for delving into the topics at depth and at leisure but when you need an answer fast the dog eared book you ll turn to again and again is the new third edition of webmaster in a nutshell this concise and portable quick reference distills an immense amount of information on several languages and technologies into one compact reference book this is one book that will pay for itself a thousand times over in time saved and increased productivity webmaster in a nutshell puts a fast paced introduction detailed reference section and quick reference guide to each technology all within easy reach it s packed full of the genuinely useful information a webmaster needs daily whatever the technology including html css xml cgi javascript http php apache this thorough clear and accessible reference makes it easy to find the information you want about the technologies you use you ll keep your other books on the shelf you ll keep webmaster in a nutshell next to your keyboard

Webmaster in a Nutshell 2003

an introduction to the area of condensed matter in a nutshell this textbook covers the standard topics including crystal structures energy bands phonons optical properties ferroelectricity superconductivity and magnetism

Condensed Matter in a Nutshell 2011

need to learn statistics as part of your job or want some help passing a statistics course statistics in a nutshell is a clear and concise introduction and reference that s perfect for anyone with no previous background in the subject this book gives you a solid understanding of statistics without being too simple yet without the numbing complexity of most college texts you get a firm grasp of the fundamentals and a hands on understanding of how to apply them before moving on to the more advanced material that follows each chapter presents you with easy to follow descriptions illustrated by graphics formulas and plenty of solved examples before you know it you ll learn to apply statistical reasoning and statistical techniques from basic concepts of probability and hypothesis testing to multivariate analysis organized into four distinct sections statistics in a nutshell offers you introductory material different ways to think about statistics basic concepts of measurement and probability theory data management for statistical analysis research design and experimental design how to critique statistics presented by others basic inferential statistics basic concepts of inferential statistics the concept of correlation when it is and is not an appropriate measure of association dichotomous and categorical data the distinction between parametric and nonparametric statistics advanced inferential techniques the general linear model analysis of variance anova and manova multiple linear regression specialized techniques business and quality improvement statistics medical and public health statistics educational and psychological statistics unlike many introductory books on the subject statistics in a nutshell doesn t omit important material in an effort to dumb it down and this book is far more practical than most college texts which tend to over emphasize calculation without teaching you when and how to apply different statistical tests with statistics in a nutshell you learn how to perform most common statistical analyses and understand statistical techniques presented in research articles if you need to know how to use a

2023-09-28

3/13

brock biologia de los microorganismos 12 edicion
descargar gratis

wide range of statistical techniques without getting in over your head this is the book you want

Statistics in a Nutshell 2008-07-25

in this brilliant sequel to the phenomenally successful a brief history of time stephen hawking unravels the amazing theoretical breakthroughs that have happened during the decade that followed the publication of that bestseller in an erudite yet accessible style hawkins guides us through the evolution of einstein s relativity the uncertainty principle quantum mechanics five string theories m theory and the mysterious p branes that seem to pave the way for that grail of theoretical physics the big toe the theory of everything he conveys the excitement felt at present within the scientific community as he travels with us through an alice in wonderland universe of ten dimensions which might be just one of the many alternative histories where black holes evaporate superstrings curl up on themselves and parallel universes contract to nothing beautifully illustrated throughout with original artwork commissioned for this project the universe in a nutshell is guaranteed to be the biggest science book of 2001

The Universe in a Nutshell 2001

the tcl language and tk graphical toolkit are powerful building blocks for applications that feature a variety of commands with a wealth of options in each command this quick reference briefly describes every command and option in the core tcl tk distribution as well as the most popular extensions

Tcl/Tk in a Nutshell 1999

learning a language any language involves a process wherein you learn to rely less and less on instruction and more increasingly on the aspects of the language you ve mastered whether you re learning french java or c at some point you ll set aside the tutorial and attempt to converse on your own it s not necessary to know every subtle facet of french in order to speak it well especially if there s a good dictionary available likewise c programmers don t need to memorize every detail of c in order to write good programs what they need instead is a reliable comprehensive reference that they can keep nearby c in a nutshell is that reference this long awaited book is a complete reference to the c programming language and c runtime library its purpose is to serve as a convenient reliable companion in your day to day work as a c programmer c in a nutshell covers virtually everything you need to program in c describing all the elements of the language and illustrating their use with numerous examples the book is divided into three distinct parts the first part is a fast paced description reminiscent of the classic kernighan ritchie text on which many c programmers cut their teeth it focuses specifically on the c language and preprocessor directives including extensions introduced to the ansi standard in 1999 these topics and others are covered numeric constants implicit and explicit type conversions expressions and operators functions fixed length and variable length arrays pointers dynamic memory management input and output the second part of the book is a comprehensive reference to the c runtime library it includes an overview of the contents of the standard headers and a description of each standard library function part iii provides the necessary knowledge of the c programmer s basic tools the compiler the make utility and the debugger the tools described here are those in the gnu software collection c in a nutshell is the perfect companion to k r and destined to be the most reached for reference on your desk

C in a Nutshell 2005-12-16

c 0000000000 00000000000000000000 c 8 0000000000

PC Hardware in a Nutshell C# 8 2021-06

pc hardware in a nutshell is the practical guide to buying building upgrading and repairing intel based pcs a longtime favorite among pc users the third edition of the book now contains useful information for people running either windows or linux operating systems written for novices and seasoned professionals alike the book is packed with useful and unbiased information including how to advice for specific components ample reference material and a comprehensive case study on building a pc in addition to coverage of the fundamentals and general tips about working on pcs the book includes chapters focusing on motherboards processors memory floppies hard drives optical drives tape devices video devices input devices audio components communications power supplies and maintenance special emphasis is given to upgrading and troubleshooting existing equipment so you can get the most from your existing investments this new edition is expanded to include detailed information about the latest motherboards and chipsets from amd intel sis and via extensive coverage of the pentium 4 and the latest amd processors including the athlon xp mp full details about new hard drive standards including the latest scsi standards ata 133 serial ata and the new 48 bit big drive ata interface extended coverage of dvd drives including dvd ram dvd r rw and dvd r rw details about flat panel displays including how to choose one and why you might not want to new chapters on serial communications parallel communications and usb communications including usb 2 0 enhanced troubleshooting coverage pc hardware in a nutshell 3rd edition provides independent useful and practical information in a no nonsense manner with specific recommendations on components based on real world testing over time it will help you make intelligent informed decisions about buying building upgrading and repairing pcs in a cost effective manner that will help you maximize new or existing computer hardware systems it s loaded with real world advice presented in a concise style that clearly delivers just the information you want without your having to hunt for it

PC Hardware in a Nutshell 2003-07-24

a concise introduction to statistical mechanics statistical mechanics is one of the most exciting areas of physics today and it also has applications to subjects as diverse as economics social behavior algorithmic theory and evolutionary biology statistical mechanics in a nutshell offers the most concise self contained introduction to this rapidly developing field requiring only a background in elementary calculus and elementary mechanics this book starts with the basics introduces the most important developments in classical statistical mechanics over the last thirty years and guides readers to the very threshold of today s cutting edge research statistical mechanics in a nutshell zeroes in on the most relevant and promising advances in the field including the theory of phase transitions generalized brownian motion and stochastic dynamics the methods underlying monte carlo simulations complex systems and much much more the essential resource on the subject this book is the most up to date and accessible introduction available for graduate students and advanced undergraduates seeking a succinct primer on the core ideas of statistical mechanics provides the most concise self contained introduction to statistical mechanics focuses on the most promising advances not complicated calculations requires only elementary calculus and elementary mechanics guides readers from the basics to the threshold of modern research highlights the broad scope of applications of statistical mechanics

Statistical Mechanics in a Nutshell 2011-08-08

from the author of java in a nutshell comes java examples in a nutshell chock full of practical real world java programming examples that readers can learn or modify for their own use a must have for anyone who prefers to learn by example

Java Examples in a Nutshell 1997

lightweight yet powerful vbscript from microsoft is used in four main areas server side web applications using active server pages asp client side web scripts using internet explorer code behind outlook forms and automating repetitive tasks using windows script host wsh vbscript in a nutshell second edition delivers current and complete documentation for programmers and system administrators who want to develop effective scripts completely updated for vbscript 5.6 wsh 5.6 and asp 3.0 vbscript in a nutshell second edition includes updated introductory chapters that will help you keep current with the significant changes since the first edition was published new chapters introduce the windows script component for creating binary com components and the script encoder the main part of the book is a comprehensive reference focusing on vbscript essentials with an alphabetical reference to all statements keywords and objects and a section of notes and solutions to real world gotchas various undocumented behaviors and aspects of the language to help you avoid potential problems each entry in the reference section details the following the keyword s syntax using standard code conventions a list of arguments accepted by the function or procedure if any exist a discussion of how and where the keyword should be used within the scripting environment a discussion of the differences between the operation of the keyword in visual basic or vba and in vbscript regardless of your level of experience programming with vbscript vbscript in a nutshell second edition is the book you ll want by your side the most complete up to date and easy to use language reference available

VBScript in a Nutshell 2003-03-20

c in a nutshell provides everything programmers need to know about the c language in one concise and accessible volume designed as a primary reference for daily use it also includes all the essential background information to become productive quickly not a how to book or a rehash of microsoft s documentation this book goes to the source of the c language and the apis of the net framework to present the content in a way that professional programmers will value above all other books brief introductions to the language and net runtime provide the needed preparation for programming with the c language whose keywords and syntax are then detailed in subsequent chapters next c in a nutshell presents key namespaces and types of the net framework base class library which provides much of the functionality and power of the language using c examples the net framework covers each core area including strings collections xml networking input output serialization assemblies reflection custom attributes memory management threading integrating with native dlls integrating with com components diagnostics determined to provide even more value c in a nutshell moves into a comprehensive language reference plus syntax xml documentation tags naming and coding conventions and the various c development tools the kind of reference material programmers will use every day next an extensive and quick reference to the api is presented featuring the system namespace particularly useful are the many figures and tables that present the main features of the namespace for those looking create alternatives to microsoft s implementation of the c programming language and the common language infrastructure as submitted to ecma an international standards organization each element included in the ecma submission is clearly labeled finally the entire reference is based on version 1 of the net framework and generated by tools written in the c language itself every once in a while a book becomes the de facto standard for a technology operating system or programming language which is exactly what c in a nutshell aims to do in a single straightforward and easy to use volume

C# in a Nutshell 2002

if you re a developer working with xml you know there s a lot to know about xml and the xml space is evolving almost moment by moment but you don t need to commit every xml syntax api or xslt transformation to memory you only need to know where to find it and if it s a detail that has to do with xml or its companion standards you ll find it clear concise useful and well organized in the updated third edition of xml in a nutshell with xml in a nutshell beside your keyboard you ll be able to quick reference syntax rules and usage examples for the core xml technologies including xml dt ds xpath xslt sax and dom develop an understanding of well

formed xml dtDs namespaces unicode and w3c xml schema gain a working knowledge of key technologies used for narrative xml documents such as web pages books and articles technologies like xslt xpath xlink xpointer css and xsl fo build data intensive xml applications understand the tools and apis necessary to build data intensive xml applications and process xml documents including the event based simple api for xml sax2 and the tree oriented document object model dom this powerful new edition is the comprehensive xml reference serious users of xml will find coverage on just about everything they need from fundamental syntax rules to details of dtd and xml schema creation to xslt transformations to apis used for processing xml documents xml in a nutshell also covers xml 1.1 as well as updates to sax2 and dom level 3 coverage if you need explanation of how a technology works or just need to quickly find the precise syntax for a particular piece xml in a nutshell puts the information at your fingertips simply put xml in a nutshell is the critical must have reference for any xml developer

XML in a Nutshell 2004-09-23

written by experts on the microsoft net programming platform ado net in a nutshell delivers everything net programmers will need to get a jump start on ado net technology or to sharpen their skills even further in the tradition of o reilly s in a nutshell series ado net in a nutshell is the most complete and concise source of ado net information available ado net is the suite of data access technologies in the net framework that developers use to build applications services accessing relational data and xml connecting to databases is a fundamental part of most applications whether they are web windows distributed client server xml services or something entirely different but ado net is substantially different from microsoft s previous data access technologies including the previous version of ado so even experienced developers need to understand the basics of the new disconnected model before they start programming with it current with the net framework 1.1 ado net in a nutshell offers one place to look when you need help with anything related to this essential technology including a reference to the ado net namespaces and object model in addition to being a valuable reference this book provides a concise foundation for programming with ado net and covers a variety of issues that programmers face when developing web applications or services that rely on database access using c# this book presents real world practical examples that will help you put ado net to work immediately topics covered in the book include an introduction to ado net connections commands and data readers disconnected data advanced datasets transactions dataviews and data binding xml and the dataset included with the book is a visual studio net add in that integrates the entire reference directly into your help files when combining ado net in a nutshell with other books from o reilly s net in a nutshell series you ll have a comprehensive detailed and independent reference collection that will help you become more productive

ADO.NET in a Nutshell 2003-04-25

sql in a nutshell applies the eminently useful nutshell format to structured query language sql the elegant but complex descriptive language that is used to create and manipulate large stores of data for sql programmers analysts and database administrators the new second edition of sql in a nutshell is the essential date language reference for the world s top sql database products sql in a nutshell is a lean focused and thoroughly comprehensive reference for those who live in a deadline driven world this invaluable desktop quick reference drills down and documents every sql command and how to use it in both commercial oracle db2 and microsoft sql server and open source implementations postgresql and mysql it describes every command and reference and includes the command syntax by vendor if the syntax differs across implementations a clear description and practical examples that illustrate important concepts and uses and it also explains how the leading commercial and open sources database product implement sql this wealth of information is packed into a succinct comprehensive and extraordinarily easy to use format that covers the sql syntax of no less than 4 different databases when you need fast accurate detailed and up to date sql information sql in a nutshell second edition will be the quick reference you ll reach for every time sql in a nutshell is small enough to keep by your keyboard and concise as well as clearly organized enough that you can look up the syntax you need quickly without having to wade through a lot of useless fluff you won t want to work on a project involving sql without it

SQL in a Nutshell 2004-09-24

over the last few years linux has grown both as an operating system and a tool for personal and business use simultaneously becoming more user friendly and more powerful as a back end system linux has achieved new plateaus the newer filesystems have solidified new commands and tools have appeared and become standard and the desktop including new desktop environments have proved to be viable stable and readily accessible to even those who don t consider themselves computer gurus whether you re using linux for personal software projects for a small office or home office often termed the soho environment to provide services to a small group of colleagues or to administer a site responsible for millions of email and web connections each day you need quick access to information on a wide range of tools this book covers all aspects of administering and making effective use of linux systems among its topics are booting package management and revision control but foremost in linux in a nutshell are the utilities and commands that make linux one of the most powerful and flexible systems available now in its fifth edition linux in a nutshell brings users up to date with the current state of linux considered by many to be the most complete and authoritative command reference for linux available the book covers all substantial user programming administration and networking commands for the most common linux distributions comprehensive but concise the fifth edition has been updated to cover new features of major linux distributions configuration information for the rapidly growing commercial network services and community update services is one of the subjects covered for the first time but that s just the beginning the book covers editors shells and lilo and grub boot options there s also coverage of apache samba postfix sendmail cvs subversion emacs vi sed gawk and much more everything that system administrators developers and power users need to know about linux is referenced here and they will turn to this book again and again

Linux in a Nutshell 2005

cheated on battered by emotion you don t know where to turn you feel betrayed devastated embarrassed angry and completely heartbroken you ask yourself how can i stop infidelity from ruining my life how do i cope with this nightmare you don t realize there is a roadmap that explains what you are going through that roadmap is cheating in a nutshell knowledge is power and understanding is liberating whatever shade of infidelity you re dealing with it is powerfully painful and the feelings that come with it are hardly ever simple understanding your pain will change your way of thinking almost immediately this book is for you if you just learned your partner cheated on you you have been staying with a cheating partner you were betrayed in a past relationship and seek a deeper understanding of your feelings in cheating in a nutshell wayne and tamara mitchell explain the source of your pain there is a way out of this darkness and the first step is to understand the structure of this awful experience the focus is on the betrayed not the cheater and if you ve been cheated on i agree with other reviewers this is the best book the only one you need reader review it s never too late to understand why you feel as you do read cheating in a nutshell

Cheating in a Nutshell 2019-09-08

portable and convenient ruby essentials is a concise reference to the features of ruby s command line options syntax built in variables functions and other commonly used classes additional code discussion and examples are included

Ruby in a Nutshell 2002

the book tells a tale on how legends are created out of thin air a quiet town on a quiet summer day knows great upheaval when the news of a potentially fatal epidemic reaches its citizens it is in fact only a propaganda plot gone wrong complicated by a real death that is not part of the scenario and from that point on everything goes topsy turvy despite the authorities efforts to re establish peace and order the vortex does not spare even the most venerable institutions and the

different religious denominations are caught in the contest of getting the upper hand there is a prize for it a brand new martyr that will mark a point of major glory for the winning church on this background and like a mirror of the general state of distress the propaganda plot s author the scribe lives the dissolution of his own personal life when making the wrong choice based on pure lust in the end there is redemption both for the city and the protagonist yet is it indeed the final chapter in this tumultuous and ever recurrent story

In a Nutshell 2013-06-25

mittell sorrow wallows in a major funk after his decades long crush leaves town for good intent on powering through he throws himself into his work as an emt at smithville regional hospital he ll steer clear of women especially those who love their careers more than people jackie myers chief development officer at a hospital association is determined to climb the corporate ladder the best way to do that is to show upper management she s capable of making tough decisions such as closing a fledgling rural hospital when she s assigned to visit smithville under the guise of writing an article about small town life she ll easily assess how dire the hospital situation really is after suffering an allergic reaction at the fall festival jackie blabs the true reason for her visit desperate to save the hospital mitch agrees to a deal in exchange for keeping her secret he gets one week to convince her the hospital is essential but the more time they spend together the more complicated things become mitch begins to open his heart and jackie s decision becomes nearly impossible he may never forgive her and she ll lose the only guy who can take her breath away no epi pen required

In a Nutshell 2021-06-08

are you still designing web sites like it s 1999 if so you re in for a surprise since the last edition of this book appeared five years ago there has been a major climate change with regard to web standards designers are no longer using xhtml as a design tool but as a means of defining the meaning and structure of content cascading style sheets are no longer just something interesting to tinker with but rather a reliable method for handling all matters of presentation from fonts and colors to the layout of the entire page in fact following the standards is now a mandate of professional web design our popular reference design in a nutshell is one of the first books to capture this new web landscape with an edition that s been completely rewritten and expanded to reflect the state of the art in addition to being an authoritative reference for xhtml and cascading style sheets this book also provides an overview of the unique requirements of designing for the and gets to the nitty gritty of javascript and dom scripting web graphics optimization and multimedia production it is an indispensable tool for web designers and developers of all levels the third edition covers these contemporary web design topics structural layer html 4 01 and xhtml 1 0 9 chapters including an alphabetical reference of all elements attributes and character entities presentation layer ten all new chapters on cascading style sheets level 2 1 including an alphabetical reference of all properties and values behavior layer javascript and scripting with the document object model dom environment new web standards browsers display devices accessibility and internationalization graphics optimization producing lean and mean gif jpeg png and animated gifs multimedia audio video flash and pdf organized so that readers can find answers quickly design in a nutshell third edition helps experienced designers come up to speed quickly on standards based web design and serves as a quick reference for those already familiar with the new standards and technology there are many books for web designers but none that address such a wide variety of topics find out why nearly half a million buyers have made this the most popular web design book available

Web Design in a Nutshell 2006-02-21

discusses how to install run and configure windows xp for both the home and office explaining how to connect to the internet design a lan and share drives and printers and includes tips and troubleshooting techniques

Windows XP in a Nutshell 2002

the sixth edition of java in a nutshell helps experienced java programmers get the most out of java 7 and 8 but it s also a learning path for new developers with examples rewritten to take full advantage of modern java apis and development best practices this fully updated book brings you up to date and gets you ready to develop java applications for the future learn how lambda expressions make your programs shorter and easier to write and understand explore nashorn the brand new implementation of javascript on the java virtual machine start using the new i o apis to make your code cleaner shorter and safer understand java s concurrency model and learn how to write multithreaded code with confidence

Java in a Nutshell 2014-10-27

this book is a comprehensive guide to the diagnosis and management of allergies beginning with an overview of allergy epidemiology immunology and aerobiology the next chapters cover different types of allergy respiratory gastrointestinal dermatologic and include a section on anaphylaxis the following chapters explain allergy testing techniques as well as supportive investigations such as nasal endoscopy bronchoscopy and spirometry the book concludes with discussion on allergy management techniques including complementary medications and provides appendices detailing algorithmic approaches and pharmacotherapy each chapter features explanatory diagrams and tables international guidelines and further reading suggestions key points comprehensive guide to diagnosis and management of allergies examines allergy testing techniques and supportive investigations includes appendices detailing algorithmic approaches and pharmacotherapy features numerous diagrams and tables and further reading suggestions

Allergy in a Nutshell 2019-08-31

when you have questions about c 9 0 or net 5 this best selling guide has the answers you need c is a language of unusual flexibility and breadth but with its continual growth there s so much more to learn in the tradition of o reilly s nutshell guides this thoroughly updated edition is simply the best one volume reference to the c language available today organized around concepts and use cases c 9 0 in a nutshell provides intermediate and advanced programmers with a concise map of c and net that also plumbs significant depths get up to speed on c from syntax and variables to advanced topics such as pointers records closures and patterns dig deep into linq with three chapters dedicated to the topic explore concurrency and asynchrony advanced threading and parallel programming work with net features including regular expressions networking spans reflection and cryptography

Cleveland in a Nutshell 1893

the bible in a nutshell daily devotional version gives you a concise and simple way of imprinting in your heart and mind key bible verses and passages on a daily basis the 365 readings will take you on an annual journey through all 66 books of the bible from genesis to revelation included are introductions to each bible book 1000 favorite memory verses and a prayer relevant to each day s study introductory pages provide additional study helps bible events in a nutshell key bible passages key bible stories jesus parables jesus miracles where to look in the bible for various needs and bible prophecies that foretold jesus coming enjoy your travels through god s marvelous word

C# 9.0 in a Nutshell 2021-02-26

a unique book written by a unique gp there is no one better placed to pull together decades of learning and experience on how to achieve the greatest success in the general practice consultation the relaxed pace of writing the accessible examples the clear narrative and the engaging anecdotes make this a resource that it is accessible and useful to all who seek to improve their clinical consulting skills helen stokes lampard former chair of the royal college of general practitioners this brand new book aims to help gps establish ways of thinking talking and behaving in the consultation that are most likely to lead to good outcomes it describes a simple three part approach to the consultation s essential task which is to convert a patient s problem into a plan acceptable to both patient and doctor it combines reader friendly explanations helpful illustrations and examples from everyday practice key features written by a respected gp teacher and author of the highly regarded trilogy the inner consultation the inner apprentice and the inner physician gives gps a framework for consulting that is easy to remember comprehensive adaptable robust exam friendly and quickly becomes second nature identifies and addresses key areas of anxiety for gp trainees and mrcgp candidates including how do i complete in 10 minutes how do i deal with difficult patients and what do i do when it all goes pear shaped and i don t know what to do gives advice and practical suggestions for how to make the difficult transition from theory to practice from reading about the consultation to actually doing it better in real life consulting in a nutshell will help gps at every career stage from medical student to csa candidate to experienced practitioner to analyse develop and grow their personal consulting style coming at a time of profound change in primary care it aims to ensure that seeing patients and having good consultations becomes and remains a source of satisfaction and fulfilment the author roger neighbour is a retired gp former convenor of the panel of mrcgp examiners and past president royal college of general practitioners uk

Bible in a Nutshell, Daily Devotional Version 2008-07-28

this book provides efficient code solutions in several programming languages that you can easily adapt to a specific project each major algorithm is presented in the style of a design pattern that includes information to help you understand why and when the algorithm is appropriate

Consulting in a Nutshell 2020-11-25

text for book description nutrition in a nutshell is an informational guide for people who want to begin to live a healthier lifestyle its simple format and easy to read style make it a handy reference book for anyone interested in improving their health through better nutrition

Africa in a Nutshell 1886

in the tradition of java in a nutshell this book boils down the essentials of vb and vba and includes undocumented areas essential to everyday programming

Algorithms in a Nutshell 2016-03-22

cognitive behavioural therapy in a nutshell second edition is a concise introduction to one of the most widely practised approaches to counselling and psychotherapy leading authors michael neenan and windy dryden explain the model and the core techniques used during the therapeutic process to elicit and examine negative automatic thoughts uncover and explore underlying assumptions rules and core beliefs schemas and maintain gains from therapy for newcomers to the subject this revised and updated edition of cognitive therapy in a nutshell provides the ideal place to start and a springboard to further study

Nutrition in a Nutshell 2000-07

VB & VBA in a Nutshell: The Language 1998

Cognitive Therapy in a Nutshell 2010-11-17

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