

Uno Due Tre Star Bene Senza Te

Star bene è una collana di eBook dedicati al benessere psicofisico della persona, fortemente mirata alla pratica ma senza dimenticare l'approccio storico-culturale. Curato da esperti, ogni eBook propone informazioni teoriche e pratiche, corredate da immagini dettagliate, disegni e schede, che facilitano la comprensione di suggerimenti e tecniche. Dalle discipline orientali come lo Yoga, l'Ayurveda, il Feng Shui, lo Shiatsu, alla medicina complementare come i fiori di Bach, la fitoterapia e l'aromaterapia, Star bene offre consigli semplici e alla portata di tutti per un percorso completo all'insegna dell'armonia corpo-mente. Prenderci cura di noi stessi, oltre a rilassare e migliorare la nostra condizione psico-fisica, consente di ridurre i livelli di cortisolo e degli altri ormoni legati allo stress (che, indirettamente, tendono a deprimere le difese dell'organismo), potenziando nel contempo l'attività dei linfociti e il funzionamento del sistema immunitario: insonnia, cefalea, tensioni muscolari, palpitazioni, problemi gastrointestinali sono solo alcuni dei disturbi che possono essere trattati con tecniche spesso millenarie, facendo leva sul riequilibrio dell'energia.

Italian-English. "List of some Italian dictionaries"; "List of philological books treating of or bearing upon Italian etymology": pages xiii. "A concise English-Italian vocabulary": cxxxv page.

Leon Battista Alberti was an outstanding polymath of the fifteenth century, alongside Piero della Francesca and before Leonardo da Vinci. While his contributions to architecture and the visual arts are well known and available in good English editions, and much of his literary and social writings are also available in English, his mathematical works are not well represented in readily available, accessible English editions have remained accessible only to specialists. The four treatises included here – Ludi matematici, De Componendis Cifris, Elementi di pittura and De lunularum quadratura – are extremely valuable in rounding out the portrait of this multitalented thinker. The treatises are presented in modern English translations, with commentary that is intended to make evident the depths of Alberti's knowledge as well as address the treatises' mathematical, historical and cultural context, their classical Greek roots, and their relationship to later works by Renaissance thinkers.

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Jumpstart! Spanish and Italian presents a collection of simple to use, multi-sensory games and activities which will jumpstart students' understanding of modern languages in action. If you are one of the thousands of teachers looking for a range of practical and fun ideas to teach languages engagingly, then this is also the perfect book for you. A range of innovative ideas to help you set the scene in your language classroom are presented first. These are followed by a feast of short and simple activities designed to help you make quick starts with your students and hold their attention. The focus throughout is on communicative action, bringing languages alive with all activities presented in two languages: Spanish and Italian. Specifically written to help teachers work within the guidelines of the new curriculum, activities in the book will help pupils to:- Listen, respond and understand key elements of the target language; Speak in phrases and sentences with appropriate pronunciation; Express and communicate simple ideas with clarity; Write phrases and short sentences; Develop an understanding of basic grammar; Learn songs and simple poems in the language studied; Engage in active learning through a range of varied activities. Jumpstart! Spanish and Italian will celebrate the joys of language, and coherent expression; of finding just the right words or phrases to express what you want to say.

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