

# Sh

## **Self Help Plus (SH+)**

Self-help Plus (SH+) is a WHO developed multimedia, guided self-help stress management course delivered over a period of five weeks to groups of up to 30 people at a time. It is delivered by supervised, non-specialist facilitators who complete a short training course and use pre-recorded audio and an illustrated guide (called Doing What Matters in Times of Stress – An Illustrated Guide) to teach stress management skills. The course is suitable for anyone who experiences stress, wherever they live and whatever their circumstances. The format of SH+ also makes it well suited for use alongside other mental health interventions, as a first step in a stepped care programme, or as a community intervention delivered alongside broader community programming.

## **The Self-Help Plus (SH+) training manual**

Published with vol. 21-25: Transactions of the Wisconsin State Horticultural Society, vol. 13-17, and Annual report of the Wisconsin Dairymen's Association, no. 11-15; with vol. 22-25: Annual report of the Agricultural Experiment Station of the University of Wisconsin, no. 1-4.

## **The Nautical Almanac and Astronomical Ephemeris for the Year ...**

Vols. 10-11 include Meteorology of England by James Glaisher as separately paged section at end.

## **The American Ephemeris and Nautical Almanac**

One of the early pioneering manufacturers of aircraft for Great Britain. A comprehensive study of this historic British manufacturer throughout their aviation years. Containing around two hundred and eighty seven individual aircraft details. Around two hundred and forty pictures with ninety eight plan diagrams.

## **The Astronomical Almanac for the Year ...**

CRC Handbook of Phytochemical Constituents of GRAS Herbs and Other Economic Plants is a unique catalog that includes more than 15,000 phytochemical constituents from over 1,000 higher plant species. This volume covers all of the generally-recognized-as-safe (GRAS) herbs and at least 250 important food and medicinal plants. Each entry features the scientific name, one or more common names, a listing of phytochemical constituents, a single datum or range of quantitative data (wet-weight to dry-weight in parts per million), two-letter abbreviation identifying the plant part, and three-letter abbreviation(s) indicating the source(s) of the data. The extraordinary amount of data compiled into an easy-to-use tabular format makes the CRC Handbook of Phytochemical Constituents of GRAS Herbs and Other Economic Plants a volume useful to all pharmacologists, toxicologists, nutritionists, pharmacognicists, and food scientists.

## **Nautical Almanac and Astronomical Ephemeris**

Comparative Climatic Data

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