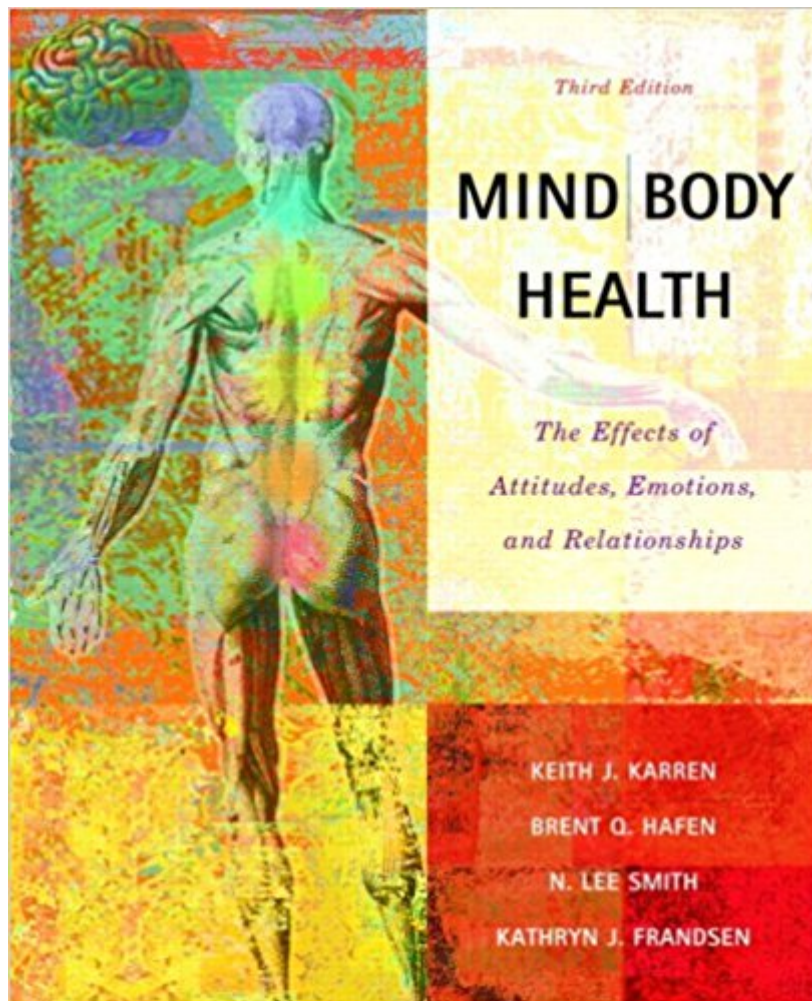


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Mind/Body Health: The Effects Of Attitudes, Emotions And Relationships (3rd Edition)



Synopsis

Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships, Third Edition details the latest scientific findings regarding the relationship between the mind and body, and discusses how attitudes and emotions directly affect physical health and well-being. Written by an interdisciplinary team of authors, including a professional health educator who is deeply involved in Mind/Body research and an MD/Internist who specializes in Mind/Body practices, this text details current global findings on the relationship between the mind, body, and health. The authors show that negative emotions such as anger, depression, and anxiety can adversely affect physical health while positive emotions such as humor and optimism can serve to improve health and increase longevity.

Relationships between physical health and spirituality, attitude, medicine, and various social factors are explored. The authors stress the importance of health choices and lifestyle factors on overall health and well-being, while laying groundwork for continued research in Mind/Body medicine in the 21st century. New to this edition is a chapter on the role nutrition plays in emotional, mental, and physical health. Psychoneuroimmunology - The Mind/Body Connection, The Impact of Stress on Health, The Disease - Prone Personality, Anger, Hostility, and Health, Worry, Fear, and Health, Depression, Despair, Anxiety, and Health, Insomnia and Sleep Deprivation: Health Effects and Treatment, The Disease - Resistant Personality, Social support, Relationships, and Health, Loneliness and Health, Marriage and Health, Families and Health, Grief, Bereavement, and Health, The Healing Power of Spirituality, Altruism and Health, The Healing Power of Hope and Optimism, Explanatory Style and Health, Locus of Control and Health, Self-Esteem and Health, The Healing Power of Humor and Laughter, Nutrition and Mind/Body Health, Behavior Medicine Treatment: Effects on Medical Outcomes and Costs, Methods of Intervention and the Principles of Stress Resilience For all readers interested in learning about the effects of attitudes, emotions, and relationships.

Book Information

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Customer Reviews

this is a very good book for introducing body/mind health issues. it covers a lot of territory. only thing is, is the references. the references used in this book are mostly from "pop" magazines such as psychology today, time, u.s. world, readers digest (!), etc. i personally do not consider these publications too legit, but that is my opinion. i got this book through the local library, i would recommend you do the same to see if you want to shell out the big bucks. or get it used, there are a lot of copies for sale.

Yes this is a very long and intense book. And costly. Covers topics from how emotions can harm you to how simple things like prayer can help you. Each chapter has numerous footnotes referenced with the information for the various studies on which the information is based. I have lent it out to family and friends and it truly contains unknown and not mainstream health information. I do believe our emotions are largely at work in our overall well-being, and this book cemented that belief for me and enlightened me in other ways.

This book is a great resource for a wide range of mind/body health issues. Although there are some sources/references that aren't as "legit" (previous reviewer's comment), there a ton of scholarly articles. And this book compiles most of the good literature and research that exists on mind/body health topics.

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