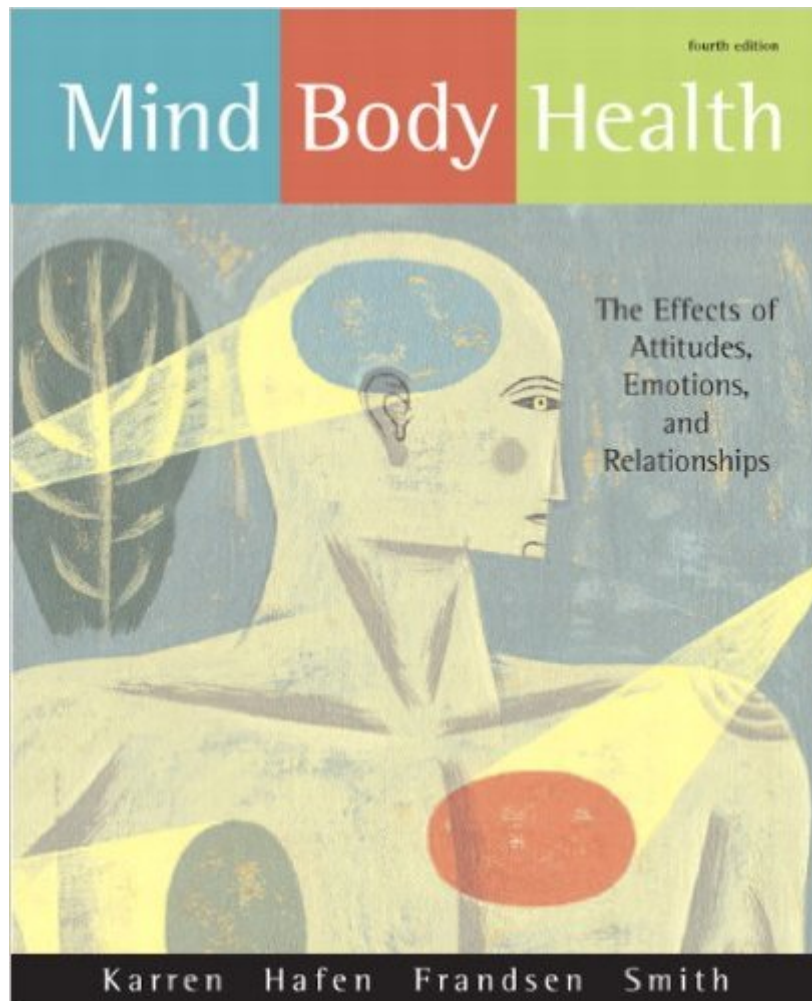


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# Mind/Body Health: The Effects Of Attitudes, Emotions, And Relationships (4th Edition)



## Synopsis

**Key Benefit:** Detailing the latest scientific findings regarding the relationship between the mind and body, this book 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 is an MD/Internist who specializes in Mind/Body practices, this book 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 the inclusion of critical thinking questions in each chapter, chapter-specific web resources, and streamlined content.

**Key Topics:** Psychoneuroimmunology - The Mind/Body Connection, Coping With Stress, 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, Faith and Religion, Forgiveness and Health, Altruism and Health, The Healing Power of Hope and Optimism, Explanatory Style and Health, Locus of Control, Self Esteem and Health, The Healing Power of Humor and Laughter, Nutrition and Mind/Body Health, Behavioral Medicine Treatment: Effects on Medical and Health Outcomes and Costs

**23. Methods of Intervention** Market: Intended for readers interested in gaining a basic knowledge of mind/body health.

## Book Information

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## Customer Reviews

I'm using this book as a back up text in a Mind/Body Medicine course in a CAM program at a medical institution. It's easy read, easy to understand. I especially like the pieces on Optimists and how their characteristics lead to better immunity. There are also pieces on the Cancer Personality and the Distressed Personality. I'd recommend it as a good read and very broad in its coverage. I also recommend the work of Martin Seligman and Positive Psychology.

This is a must read for any psychology major or anyone else truly interested in psychology. This books gives a whole new meaning to the saying "it's all in your head." So much of what ails us is our own unhealthy thinking patterns. This book covers it all.

Covering the subject of PNI, this text is comprehensive and informative. I seemed to cover all aspects of the subject well and was easy to understand. Fascinating subject matter and a must for all Alternative/Complimentary students. Highly recommended.

This book is being used for my Health Psychology for a Social Psychology Selected Topics course and it is very good. It gives you a broad overview of all possible health related topics that are affected by psychology. The used book was in perfect condition and was shipped right away. Very satisfied!

I love this book it gives you indepth information about the body and mind. I is also written in a way that everyone can undertand it. It gives information on ways to decrease your stress level. Very helpful

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