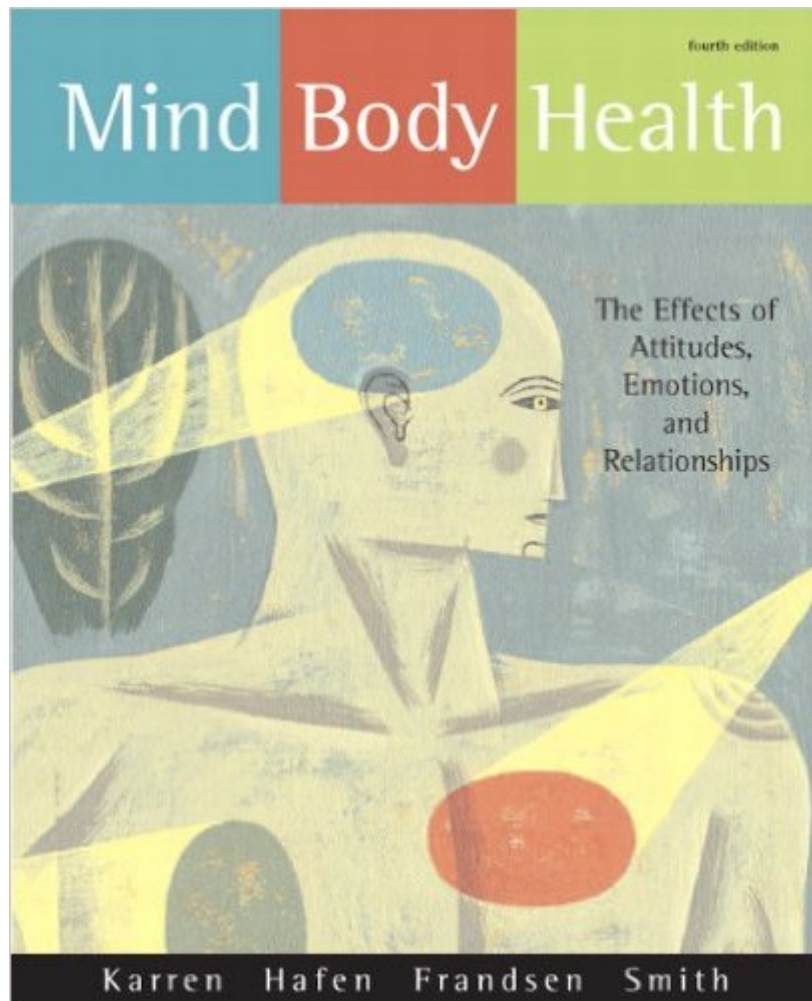


The book was found

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

Paperback: 591 pages

Publisher: Pearson; 4 edition (2010)

Language: English

ISBN-10: 0321596420

ISBN-13: 978-0321596420

Product Dimensions: 7.5 x 1 x 9.1 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #420,520 in Books (See Top 100 in Books) #33 in [Books > Medical Books > Psychology > Medicine & Psychology](#) #262 in [Books > Medical Books > Psychology > Developmental Psychology](#) #394 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine](#)

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 book 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. It is also written in a way that everyone can understand it. It gives information on ways to decrease your stress level. Very helpful

[Download to continue reading...](#)

Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships (4th Edition) Mind/Body Health: The Effects of Attitudes, Emotions and Relationships (3rd Edition) Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships (5th Edition) After Effects for Flash / Flash for After

Effects: Dynamic Animation and Video with Adobe After Effects CS4 and Adobe Flash CS4
Professional BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies)
Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) Inside The Mind of An Alpha Male: 16 Attitudes That Attract Women, Win Friends, Increase Confidence, Gain Charisma, Master Leadership, and Dominate Life ... and Dating Advice for Men Book 3) Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) The '90s Healthy Body Book: How to Overcome the Effects of Pollution and Cleanse the Toxins from Your Body Through Time Into Healing: Discovering the Power of Regression Therapy to Erase Trauma and Transform Mind, Body and Relationships Electrostatic Effects in Soft Matter and Biophysics: Proceedings of the NATO Advanced Research Workshop on Electrostatic Effects in Soft Matter and ... 1-13 October 2000 (Nato Science Series II:) Adobe After Effects CS4 Visual Effects and Compositing Studio Techniques CODEPENDENCY: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence (Enabling, Mind Control, Emotional Health & Happiness) Polyamory: The Practical Dater's Guide to the Pursuit and Maintenance of Open Relationships **FREE BONUS BOOK** (Polyamory, Polyamorous, Relationship, ... Polyamory Dating, Open Relationships) The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships Mind and Emotions: A Universal Treatment for Emotional Disorders (New Harbinger Self-Help Workbook)

[Dmca](#)