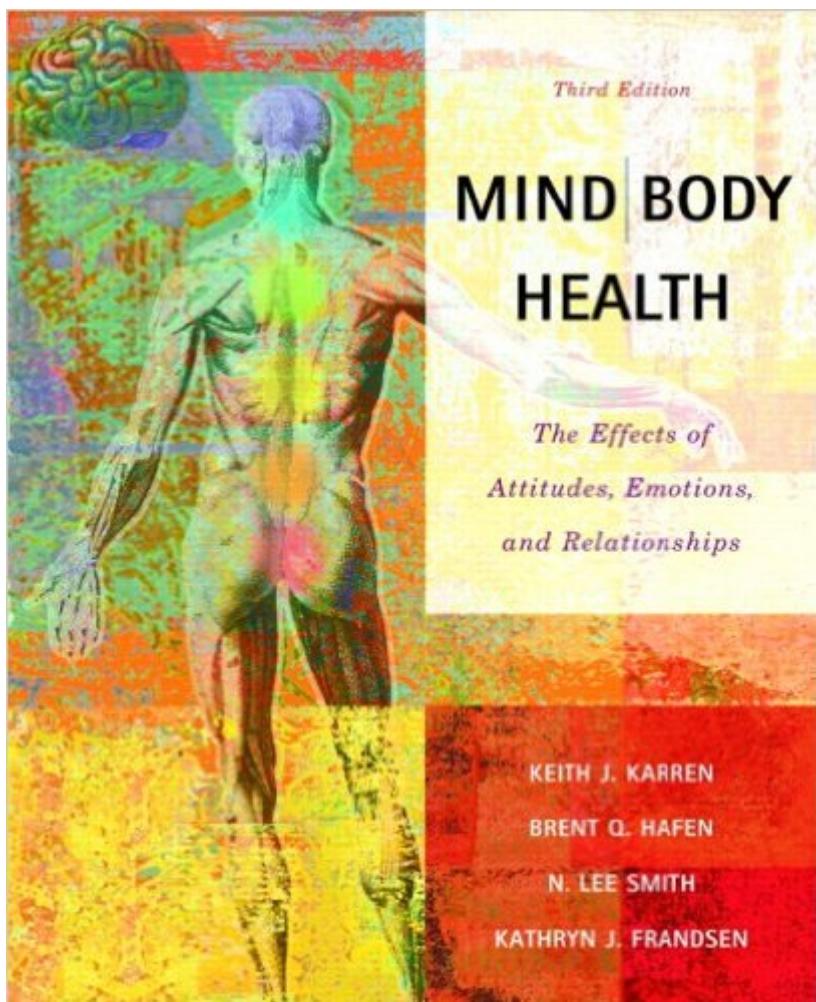


The book was found

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

Paperback: 720 pages

Publisher: Benjamin Cummings; 3 edition (July 8, 2005)

Language: English

ISBN-10: 0805378863

ISBN-13: 978-0805378863

Product Dimensions: 7.5 x 1.5 x 9.1 inches

Shipping Weight: 2.5 pounds

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (6 customer reviews)

Best Sellers Rank: #259,759 in Books (See Top 100 in Books) #21 in Books > Medical Books > Psychology > Medicine & Psychology #79 in Books > Medical Books > Psychology > Physiological Aspects #112 in Books > Health, Fitness & Dieting > Psychology & Counseling > Physiological Aspects

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 are a ton of scholarly articles. And this book compiles most of the good literature and research that exists on mind/body health topics.

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

Mind/Body Health: The Effects of Attitudes, Emotions and Relationships (3rd Edition) Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships (5th Edition) Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships (4th Edition) After Effects for Flash / Flash for After Effects: Dynamic Animation and Video with Adobe After Effects CS4 and Adobe Flash CS4 Professional NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) 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) 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](#)