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Sommario/riassunto	This international book aims to bring to life the mental health dimension of health promotion. It describes the concepts relating to promotion of mental health, the emerging evidence for the effectiveness of interventions, and the public health policy and practice implications. The book includes evidence on the relationship between

social and cultural factors and the mental health of individuals and communities. It reviews the available evidence from a range of countries and cultures. It documents how actions such as advocacy, policy and project development, legislative and regulatory reform,
