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Sommario/riassunto	This edited e-book is a collection of articles that explores 'rural realities' of country life in Australia for global audiences interested in rurality, health and well-being. By transcending disciplinary-specific boundaries, this multi-disciplinary book not only presents contemporary challenges, but also equips readers with evidence-based knowledge to improve resilience in communities and individuals facing key issues such as aging, depression, disability, environmental degradation, limited service delivery and social isolation.