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Nota di contenuto	Intro -- Preface -- The Gap Between Research Findings and Clinical Practice -- The Clinical Need for a Conceptual Model of Practice -- Why This Book -- What the Handbook Offers -- How to Use the Handbook -- What Distinguishes This Book from Others -- Reclaiming Nursing's Legacy -- Acknowledgments -- Contents -- Part I: The Stress, Healing, and Resilience Nursing Model of Whole Person Care -- Introduction -- 1: Theoretical Underpinnings -- 1.1 Theoretical Underpinnings -- References -- 2: The Stress, Healing, and Resilience Nursing Model of Whole Person Care -- 2.1 Introduction -- 2.2 Objectives -- 2.3 Core Values and Assumptions of Practice -- 2.4 Goals of the Practice Model -- 2.5 The Whole Person and the Environment (See Part II, Chap. 3 -- Part IV Chaps. 8 and 11) -- 2.6 Psychological Stress (See Part II Chaps. 3, 4 and 5) -- 2.7 Health as an Essential Property of the Whole Being -- Health-Related Outcomes -- Key Internal Processes of Health -- Processes of Development -- Processes of Resilience (See Part II) -- Processes of Innate and Self-Induced Healing (Review Part IV) -- 2.8 Personal Strengths and Social Resources (Supportive Relationships) (See Part IV, Chaps. 8-11) -- Social Resources (Supportive Relationships) (Review Part IV Chaps. 8 and 11) -- 2.9 Healthy Lifestyle Behaviors -- 2.10 Epigenetics -- 2.11 Homeostasis -- 2.12 Energy and Metabolic Processes -- 2.13 Sense of Coherence (See Fig. 2.1) -- 2.14 Nursing

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