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Sommario/riassunto	A growing body of research shows that social networks and identities have a profound impact on mental and physical health. With such mounting evidence of the importance of social relationships in protecting health, the challenge we face is explaining why this should be the case. What is it that social groups offer that appears to be just as beneficial as a daily dose of vitamin C or regular exercise?This edited book brings together the latest research on how group memberships, and the social identities associated with them, determine people's health and well-being.

