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Nota di contenuto	Contents; Contributors; Foreword; Preface; PART I: FOUNDATIONS FOR PRACTICE; 1 Complementary/Alternative Therapies and Cultural Aspects of Care; 2 Self As Healer; 3 Presence; 4 Therapeutic Listening; PART II: MIND-BODY-SPIRIT THERAPIES; 5 Imagery; 6 Music Intervention; 7 Humor; 8 Yoga; 9 Biofeedback; 10 Meditation; 11 Prayer; 12 Storytelling; 13 Journaling; 14 Animal-Assisted Therapy; PART III: ENERGY AND BIOFIELD THERAPIES; 15 Light Therapy; 16 Magnet Therapy; 17 Healing Touch; 18 Reiki; 19 Acupressure; 20 Reflexology; 21 Creating Optimal Healing Environments PART IV: MANIPULATIVE AND BODY-BASED THERAPIES 22 Massage; 23 Exercise; 24 Tai Chi; 25 Relaxation Therapies; PART V: BIOLOGICALLY BASED THERAPIES; 26 Aromatherapy; 27 Herbal Medicines; 28 Functional Foods and Nutraceuticals; PART VI: PRACTICE, EDUCATION, AND RESEARCH; 29 Integrating Complementary Therapies into Nursing Practice; 30 Integrating Complementary Therapies into Education; 31 Perspectives on Future Research; Index;
Sommario/riassunto	Complementary & Alternative Therapy in Nursing is unique in its field,

and authors Mariah Snyder and Ruth Lindquist have carefully worked to bring forward the strengths of former editions in this cutting-edge new publication. The up-to-date, easy-to-retrieve, and authoritative information readers have come to expect is augmented by new chapters, contributors and references, along with live web resources. Also new to this edition is a broad emphasis on culture, including cultural applications in each chapter. Key Features:.: Incorporates the most recent research; Provides guidelines for evaluation
