

1. Record Nr.	UNINA9910796648103321
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Titolo	Cultural dimensions of well-being : therapy animals as healers / / Clementine K. Fujimura and Simone Nommensen
Pubbl/distr/stampa	Lanham, Maryland : , : Lexington Books, , 2018 ©2018
ISBN	1-4985-4128-3
Descrizione fisica	1 online resource (133 pages)
Collana	Anthropology of Well-Being. Individual, Community, Society
Disciplina	615.85158
Soggetti	Well-being Service dogs Animals - Therapeutic use Human-animal relationships
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Acknowledgements -- Introduction -- Animals as therapists : how we discovered them and what they do -- Cultural foundations of human-animal relations -- Well-being through communication with and about our pets -- Mutual benefits through human-animal contact and training : what science and personal narratives tell -- The animal's perspective -- Conclusion -- Bibliography.