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Nota di contenuto	Cover -- CABIN FEVER -- SocietyNow -- CABIN FEVER: Surviving Lockdown in the Coronavirus Pandemic -- Copyright -- Dedication -- CONTENTS -- ABOUT THE AUTHORS -- ACKNOWLEDGEMENTS -- 1. The Greatest Confinement in History -- Social Isolation -- Mental Health -- Solitary Confinement -- Diverse Lockdown -- Altered Soundscapes -- Lockdown Benefits -- Cabin Fever Rising -- 2. A Brief History of Cabin Fever -- Origins -- Definitions -- 3. Cabin Fever Cases -- On Land -- At Sea -- In the Air -- In Space -- 4. Antidotes to Cabin Fever -- Green or Nature-Based Remedies -- Accepting the New Normal -- Social Connectedness -- Goal Setting and Purpose -- Sanctuary versus Prison -- Looking after the Body -- Creative Survival -- 5. Conclusion -- REFERENCES -- INDEX.
Sommario/riassunto	Cabin fever occurs at sea, on land, in the air, in space. Principally, it occurs in our minds. This book examines 'cabin fever' in the wake of the coronavirus pandemic and the greatest confinement of people to their homes in history. It provides a timely account of the threat of cabin fever during lockdown.