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Altri autori (Persone)	HackettJustin D
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Nota di contenuto	Chapter 1: What is the Mind-Body Connection? -- Chapter 2: Wellness and Well-Being -- Chapter 3: A Scientific Approach to Wellness -- Chapter 4: Wellness and the Body -- Chapter 5: Wellness and the Mind -- Chapter 6: Connecting Mind and Body -- Chapter 7: Other Ways to Connect Mind and Body -- Chapter 8: Day-to-Day Wellness -- Chapter 9: Environmental Wellness -- Chapter 10: Wellness in Relationships and Social Situations -- Chapter 11: Reducing Pain and Suffering -- Chapter 12: Spirituality and Wellness -- Chapter 13: Confronting

Sommario/riassunto

The idea that the mind and the body work together to create human well-being is no longer at the fringes of academia. Evidence-based courses in mind-body wellness typically explore how physical and emotional wellbeing are related to biological, psychological, sociocultural, economic, and spiritual factors, as well as the ways in which our beliefs about the relationship of mind and body relate to how we view health and illness. Research points to a dynamic interconnectivity of mind and body processes that can support human wellness and can be a point of intervention for practices that improve wellbeing. *Mind-Body Wellness: A Science-Based Approach* begins with an overview of what mind-body interconnectivity means, approaches to defining wellness, and philosophical and practical approaches to mind-body wellness. Subsequent chapters address foundational topics in the field, including theories of behavior change, stress and wellness, mind-body practices, environmental wellness, and relationship wellness. The book ends with consideration of how mind-body wellness can not only impact our personal wellbeing, but also societal wellbeing.