

1. Record Nr.	UNISA990001962560203316
Autore	TAROZZI, Giuseppe
Titolo	Il contenuto morale della libertà del nostro tempo / Giuseppe Tarozzi
Pubbl/distr/stampa	Modena : Formiggini, 1911
Descrizione fisica	49 p. ; 24 cm.
Collocazione	II.1 Coll. 121/ 4(VI B 135)
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Estr. da: Rivista di filosofia, a. 3, fasc. 2. - In testa al front.: 4. Congresso internazionale di filosofia, Bologna, 6-11 aprile 1911
2. Record Nr.	UNINA9910456292303321
Autore	Gourdine Michelle A. <1962->
Titolo	Reclaiming our health [[electronic resource]] : a guide to African American wellness / / Michelle A. Gourdine ; illustrations by Catharine L. Love
Pubbl/distr/stampa	New Haven, : Yale University Press, c2011
ISBN	1-283-30918-1 9786613309181 0-300-17183-8
Descrizione fisica	1 online resource (224 p.)
Collana	Yale University Press health & wellness
Altri autori (Persone)	LoveCatharine L
Disciplina	362.1089/96073
Soggetti	African Americans - Health and hygiene Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	pt. 1. An unfinished civil rights battle -- pt. 2. Rewriting our health history : a new vision of better health -- pt. 3. Navigating the health

care system : what every African American must do now.

Sommario/riassunto

According to the federal Office of Minority Health, African Americans "are affected by serious diseases and health conditions at far greater rates than other Americans." In fact, African Americans suffer an estimated 85,000 excess deaths every year from diseases we know how to prevent: heart disease, stroke, cancer, high blood pressure, and diabetes. In this important and accessible book, Dr. Michelle Gourdine provides African Americans with the knowledge and guidance they need to take charge of their well-being. *Reclaiming Our Health: A Guide to African American Wellness* begins with an overview of the primary health concerns facing African Americans and explains who is at greatest risk of illness. Expanding on her career and life experiences as an African American physician, Dr. Gourdine presents key insights into the ways African American culture shapes health choices-how beliefs, traditions, and values can influence eating choices, exercise habits, and even the decision to seek medical attention. She translates extensive research into practical information and presents readers with concrete steps for achieving a healthier lifestyle, as well as strategies for navigating the health-care system. This interactive guide with illustrations is a vital resource for every African American on how to live a healthier and more empowered life, and an indispensable handbook for health-care providers, policy makers, and others working to close the health gap among people of color. Says Gourdine, "I wrote this book to empower our community to solve our own health problems and to save our own lives."
