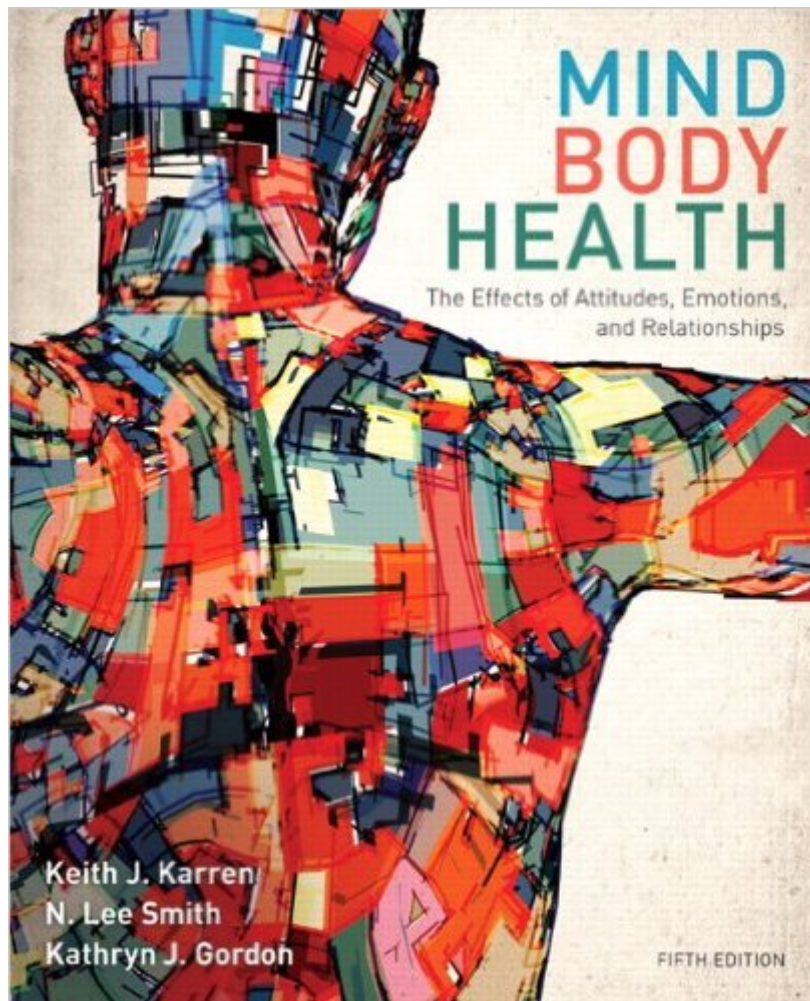


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Mind/Body Health: The Effects Of Attitudes, Emotions, And Relationships (5th Edition)



Synopsis

In *Mind/Body Health: The Effects of Attitudes, Emotions and Relationships*, Fifth Edition, readers get the latest scientific findings regarding the relationship between the mind and body and how attitudes and emotions directly affect physical health and well-being. Unique in the field for its coverage of the subject from the perspective of health as it pertains to psychology, psychoneuroimmunology, relationships, faith, personality types, and other issues pertaining to consciousness, the book includes up-to-date, cutting-edge research demonstrating the link between the mind and body. Currently the only book of its kind, it is a popular choice by students and instructors alike for courses such as Personal Health, Holistic Health or Mind/Body Health, or even as a Sr. Capstone course.

Book Information

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Customer Reviews

Absolutely amazing book; I am so happy I was introduced to this topic through my master's program. If you want to learn more about our mind-body connection and how we can help heal ourselves and others, this is a must read. I am often annoyed with textbooks because they're boring to read or filled with grammatical errors. This book is definitely one of a kind in the psychology world. Love, love, love!

Good book. Used as expected.

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really good idea, glad I went with rental over buying the book.

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