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Sensor Technologies Michael J. McGrath 2014-01-23 Sensor Technologies: Healthcare, Wellness and Environmental Applications explores the key aspects of sensor technologies, covering wired, wireless, and discrete sensors for the specific application domains of healthcare, wellness and environmental sensing. It discusses the social, regulatory, and design considerations specific to these domains. The book provides an application-based approach using real-world examples to illustrate the application of sensor technologies in a practical and experiential manner. The book guides the reader from the formulation of the research question, through the design and validation process, to the deployment and management phase of sensor applications. The processes and examples used in the book are primarily based on research carried out by Intel or joint academic research programs. "Sensor Technologies: Healthcare, Wellness and Environmental Applications provides an extensive overview of sensing technologies and their applications in healthcare, wellness, and environmental monitoring. From sensor hardware to system applications and case studies, this book gives readers an in-depth understanding of the technologies and how they can be applied. I would highly recommend it to students or researchers who are interested in wireless sensing technologies and the associated applications." Dr. Benny Lo Lecturer, The Hamlyn Centre, Imperial College of London "This timely addition to the literature on sensors covers the broad complexity of sensing, sensor types, and the vast range of existing and emerging applications in a very clearly written and accessible manner. It is particularly good at capturing the exciting possibilities that will occur as sensor networks merge with cloud-based 'big data' analytics to provide a host of new applications that will impact directly on the individual in ways we cannot fully predict at present. It really brings this home through the use of carefully chosen case studies that bring the overwhelming concept of 'big data' down to the personal level of individual life and health." Dermot Diamond Director, National Centre for Sensor Research, Principal Investigator, CLARITY Centre for Sensor Web Technologies, Dublin City University "Sensor Technologies: Healthcare, Wellness and Environmental Applications takes the reader on an end-to-end journey of sensor technologies, covering the fundamentals from an engineering perspective, introducing how the data gleaned can be both processed and visualized, in addition to offering exemplar case studies in a number of application domains. It is a must-read for those studying any undergraduate course that involves sensor technologies. It also provides a thorough foundation for those involved in the research and development of applied sensor systems. I highly recommend it to any engineer who wishes to broaden their knowledge in this area!" Chris Nugent Professor of Biomedical Engineering, University of Ulster

Community Nutrition in Action Marie A. Boyle 2021-02-01 Discover the diverse range of practice settings and opportunities available to you as a community and public health nutritionist with COMMUNITY NUTRITION IN ACTION, 8th Edition! The book provides easy-to-understand coverage of program planning, policymaking, and nutrition issues specific to community and public health. Using this innovative book, you'll develop the skills you need to achieve cultural competency, address health disparities, try new technologies, and use fresh approaches to improving the public's nutrition and health status. You'll also master the knowledge and skills you'll need in practice as you seek to solve population health problems, relating to media advocacy, telehealth, nutrition education, and more. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Undo It! Dean Ornish, M.D. 2019-01-08 NATIONAL BESTSELLER • By the pioneer of lifestyle medicine, a simple, scientifically program proven to often reverse the progression of the most common and costly chronic diseases and even begin reversing aging at a cellular level! Long rated “#1 for Heart Health” by U.S. News & World Report, Dr. Ornish's Program is now covered by Medicare when offered virtually at home. Dean Ornish, M.D., has directed revolutionary research proving, for the first time, that lifestyle changes can often reverse—undo!—the progression of many of the most common and costly chronic diseases and even begin reversing aging at a cellular level. Medicare and many insurance companies now cover Dr. Ornish's lifestyle medicine program for reversing chronic disease because it consistently achieves bigger changes in lifestyle, better clinical outcomes, larger cost savings, and greater adherence than have ever been reported—based on forty years of research published in the leading peer-reviewed medical and scientific journals. Now, in this landmark book, he and Anne Ornish present a simple yet powerful new unifying theory explaining why these same lifestyle changes can reverse so many different chronic diseases and how quickly these benefits occur. They describe what it is, why it works, and how you can do it: • Eat well: a whole foods, plant-based diet naturally low in fat and sugar and high in flavor. The “Ornish diet” has been rated “#1 for Heart Health” by U.S. News & World Report for eleven years since 2011. • Move more: moderate exercise such as walking • Stress less: including meditation and gentle yoga practices • Love more: how love and intimacy transform loneliness into healing With seventy recipes, easy-to-follow meal plans, tips for stocking your kitchen and eating out, recommended exercises, stress-reduction advice, and inspiring patient stories of life-transforming benefits—for example, several people improved so much after only nine weeks they were able to avoid a heart transplant—Undo It! empowers readers with new hope and new choices. Praise for Undo It! “The Ornishes' work is elegant and simple and deserving of a Nobel Prize, since it can change the world!”—Richard Carmona, M.D., MPH, FACS, seventeenth Surgeon General of the United States “If you want to see what medicine will be like ten years from now, read this book today.”—Rita F. Redberg, M.D., editor in chief, JAMA Internal Medicine “This is one of the most important books on health ever written.”—John Mackey, CEO, Whole Foods Market

Advances in Personality Assessment J. N. Butcher 2013-12-19 First published in 1987. Routledge is an imprint of Taylor & Francis, an informa company.

Health and Wellness Gordon Edlin 2015-08-05 Health & Wellness, Twelfth Edition covers many facets of personal health, including physical, emotional, mental, social, environmental, and spritual perspectives. Written in a personal and engaging style, the Twelfth Edition encourages students to make the right health choices and gives them the tools and information they need to improve their health habits.

Eat and Stay Thin Joyce Meyer 2008-11-15 Effective October 1, 2002, Joyce Meyer's bestselling backlist is available exclusively from Warner Faith. And look for the first of several new major books from Joyce beginning in April 2003.

Interpersonal Relationships - E-Book Elizabeth C. Arnold 2015-01-08 Effective communication with clients, families, and professional colleagues starts here! With Interpersonal Relationships: Professional Communication Skills for Nurses, 7th Edition, you'll see how good communication skills can lead to achieving treatment goals in health care. Clear guidelines show how you can enhance the nurse-client relationship through proven communication strategies as well as principles drawn from nursing, psychology, and related theoretical frameworks. And you'll see how to apply theory to real-life practice with case studies, interactive exercises, and evidence-based practice studies. A two-time winner of the AJN Book of the Year award, this book is updated to emphasize interdisciplinary communication and QSEN competencies. From expert nursing educators Elizabeth Arnold and Kathleen Underman Boggs, this comprehensive, market-leading text is unmatched for helping nurses develop effective communication skills! Interactive exercises offer the opportunity to practice, observe, and

critically evaluate your professional communication skills in a safe learning environment. Practical guidelines describe how to modify communications strategies for various populations and situations including children, the elderly, end of life, clients with special needs, health teaching, stress, crisis, and professional colleagues. Case examples help you develop empathy for clients' perspectives and needs. Nursing, behavioral, developmental, family, and communication theories provide an essential foundation and a theoretical perspective for effective communication. Learning objectives, chapter overviews, and a detailed glossary focus your study and help you absorb and retain key content. NEW! A greater emphasis on communication, interdisciplinary theory, and interprofessionalism includes a focus on the nursing paradigm, nursing discipline, and ways of knowing. NEW! Focus on QSEN competencies reflects current thinking on technology, safety, and evidence-based practice, especially as they relate to communication in nursing. NEW! Discussion questions at the end of each chapter encourage critical thinking. NEW! Clarity and Safety in Communication chapter addresses topics such as huddles, rounds, handoffs, SBAR, and other forms of communication in health care.

Health Psychology Margaret Snooks 2009-10-05 Health Sciences & Professions

Alters and Schiff Essential Concepts for Healthy Living Jeff Housman 2015-02-20 Revision of: Essential concepts for healthy living / Sandra Alters, Wendy Schiff. 2013. 6th ed.

Becoming a Brilliant Star William G Huit 2018-11 This book provides an overview of a holistic framework for developing human potential. It contributes to the growing literature on the need for a holistic approach to preparing children and youth for successful adulthood in the twenty-first century.

Population Health David B. Nash 2015-02-01 Practicing population based care is a central focus of the Affordable Care Act and a key component of implementing health reform. Wellness and Prevention, Accountable Care Organizations, Patient Centered Medical Homes, Comparative Effectiveness Research, and Patient Engagement have become common terms in the healthcare lexicon. Aimed at students and practitioners in health care settings, the Second Edition of Population Health: Creating a Culture of Wellness, conveys the key concepts of concepts of population health management and strategies for creating a culture of health and wellness in the context of health care reform. Beginning with a new opening chapter, entitled, Building Cultures of Health and Wellness, the Second Edition takes a comprehensive, forward-looking approach to population health with an emphasis on creating a culture of wellness. The revised text takes into consideration the Affordable Care Act and its substantial impact on how health science is taught, how health care is delivered and how health care services are compensated in the United States. Key Features: - Study and discussion questions are provided at the conclusion of each chapter to highlight key learning objectives and readings. - Case studies highlight real world applications of concepts and strategies, and links to web sites provide additional opportunities for expanding knowledge. - Each chapter can stand alone to highlight key population health issues and provide strategies to address them, allowing educators to choose specific chapters or sections that meet the learning objectives of the course."

Human Sexuality Eric Golanty 2011-03-02 Human Sexuality: The Basics presents the core information underlying the vast subject of human sexuality in a concise, no-frills manner that is easy for students to read and comprehend. Emphasis on the biological basis of sexuality provides students with a structure to understand the important aspects of sexuality presented in other chapters. This approach also provides the basis for encouraging tolerance, acceptance, and understanding of different sexual preferences and behaviors. Critical thinking questions at the end of each chapter along with learning objectives, summaries, and definitions of terms facilitate learning for students.

Exploring Practical Perspectives of Emotional Intelligence Lesley Gill 2021-05-04 This book focuses on developing our emotional intelligence by exploring our thinking, emotions, what we say, and how we act, towards supporting personal growth and development, while refuelling our emotional “tank”. Challenging experiences can be transformational, and this book is written for those who want to grow through life's successes and struggles but might not know where to start. Self-awareness, resilience, empathy, compassion fatigue, grief and loss, rejection, spiritual well-being, and managing our emotions are presented within these pages, and are important skills which we need to succeed and grow. The book is full of original insights, heart-warming stories, ideas, and practical activities that will cheer readers on in their personal development adventure. It demystifies emotional intelligence by explaining it in everyday language, yet has a strong theoretical underpinning making it useful for individuals, as well as an academic educational resource. It is designed to be used by an independent reader or, equally, for the purpose of supplementing a professional development course or workshop.

Health and Wellness Tourism Melanie K. Smith 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

Sexuality Education Clint E. Bruess 2004 Sexuality Education: Theory and Practice, Fourth Edition is designed to prepare future sexuality educators and administrators, as well as seasoned teachers about sexuality and also aims to clarify the false assumptions related to sexuality education. This one-of-a-kind resource provides comprehensive coverage of information and issues related to sexuality education and the skills needed to prepare sexuality educators.

Innovating Education in Technology-Supported Environments Kam Cheong Li 2020-09-29 This book explores a broad range of innovations in education, such as flipped classrooms, the educational use of social media, mobile learning and educational resources. It also includes theoretical discussions and practical applications related to the use of augmented reality and educational technologies for improving students' engagement and facilitating their future studies and careers. Featuring case studies and practical applications illustrating the effectiveness of new modes of education in which the latest technologies and innovations are widely used in the global context, the book helps readers develop their awareness of the related insights and implications, in order to deepen their understanding and stimulate critical thinking as to how new technologies have made learning and teaching easier in different educational settings.

Medical Tourism and Wellness Frederick J. DeMicco 2017-04-28 Medical Tourism and Wellness: Hospitality Bridging Healthcare (H2H) takes a systems approach to examining the growing field of medical tourism, one of the field's hottest niches, with billions of dollars spent each year. This important book fills the need for a modern management book that looks at medical tourism in depth from a medical and hospitality operational management perspective. Growing numbers of people are going abroad to find affordable quality medical care for both necessary

and cosmetic medical services. When they require surgery or dental work, they combine it with a trip to the Taj Mahal, a photo safari on the African veldt, or a stay at a luxury hotel—or at a hospital that feels like one—all at bargain-basement prices. The book takes a comprehensive look at medical tourism, covering such topics as: The history of medical tourism Why patients/tourists decide to travel for medical care The role of professional facilitators of medical tourism Key countries and medical disciplines in medical tourism Transportation, food, entertainment, and hotel/hospitality services Hotel and spa designs for medical tourism Best practices in medical tourism Patient follow-up after medical discharge Future trends in medical tourism Careers in medical tourism With the inclusion of case studies, the book provides a comprehensive look into this growing trend and will be valuable to upper-level undergraduate and graduate students in health care administration and those pursuing MBAs in healthcare, medical students pursuing a management focus, and students in hospitality management. It will also be a must-have resource for professionals working in hotels and in health care.

Health and Wellness Gordon Edlin 2009-09-29 Health and Wellness, Tenth Edition is written in a personal and engaging style with specific tips and aids to help students improve their health habits. This text encourages students to learn the skills they need to enhance the quality and longevity of life. Health and Wellness covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior.

Essentials for Health and Wellness Gordon Edlin 2000 Health & Wellness

Nursing for Wellness in Older Adults Carol A. Miller 2018-02 Ensure the most effective wellness-oriented nursing care for older adults--in any healthcare setting. Confidently deliver wellness-oriented care for older adults across a changing healthcare environment with the latest evidence-based coverage of gerontological nursing. Comprehensively revised and updated, *Nursing for Wellness in Older Adults*, Eighth Edition fosters your understanding of both the physiologic and psychosocial aspects of aging, as well as broader issues of cultural competence, legal matters, and ethical concerns. Organized around the author's proven Functional Consequences Theory for Promoting Wellness in Older Adults, this trusted text focuses on equipping you to work proactively with older adults to promote high levels of functioning and quality of life, despite the limitations associated with aging, disease, and related conditions. *Technology to Promote Wellness in Older Adults* boxes familiarize you with technology-based interventions for promoting wellness in older adults. *Interprofessional Collaboration (IPC)* coverage emphasizes strategies for working with other healthcare professionals in managing care of older patients. *Global Perspective* boxes illustrate proven international approaches to quality gerontological nursing. *Unfolding Patient Stories* authored by the National League for Nursing challenge you to apply your understanding to realistic patient scenarios. *A Transitional Care Unfolding Case Study* helps you manage a patient requiring care across a variety of healthcare settings. *Case Studies* (both multipart and standalone) encourage you to apply nursing theory to real-life situations. *Quality and Safety Education in Nursing (QSEN)* examples help you apply knowledge and skills to care plans for unfolding cases. *Assessment, Intervention, Evidence-Based Practice, Cultural Considerations, Diversity Note, and Caregiver Wellness* boxes detail helpful approaches and tools for effective wellness-oriented nursing practice. *Online Learning Activities* point readers to the book's companion web page to access related resources, articles, and evidence-based guidelines. -- Provided by publisher.

State, prospects and development of rescue, physical culture and sports in the XXI century Zukow Walery 2011

Health & Wellness Gordon Edlin 2012-11-09 Revised and updated throughout with the latest data and statistics, the Eleventh Edition of *Health & Wellness* engages students with specific tips and guidelines to help them evaluate and improve their health habits. The text, along with the accompanying website, encourages students to learn the skills they need to enhance the quality and longevity of their life. *Health and Wellness* covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior. The *For Your Health Study Guide and Self-Assessment Workbook* is now available in the back of the book at no additional cost. Perforated pages allow lab activities to be submitted for evaluation and grading.

Exploring the Dimensions of Human Sexuality Jerrold S. Greenberg 2007 Exploring The Dimensions Of Human Sexuality, Third Edition, Has Been Extensively Updated To Include Information And Statistics About Recent Developments. This Text Continues To Encourage Students To Explore The Varied Dimensions Of Sexuality And To See How Each Affects Their Personal Sexuality, Sexual Health, And Sexual Responsibility. All Aspects Of Sexuality--Biological, Spiritual, Psychological, And Sociocultural--Are Presented Factually And Impartially.

Positive Psychology William C. Compton 2019-01-09 Topically organized, *Positive Psychology: The Science of Happiness and Flourishing* presents a highly engaging, up-to-date introduction to positive psychology. Authors William C. Compton and Edward Hoffman invite students to apply practices to their own lives, contexts, and experiences to ensure understanding. The text examines how positive psychology applies to stressors and health within such traditional research areas as developmental, clinical, personality, motivational, social, and behavioral psychology. Furthermore, the text offers perspectives on positive emotional states, research and theory on positive traits, coverage of positive institutions, and a look at the future of positive psychology. The Third Edition reflects significant growth in field with hundreds of new references and expanded content on topics including mindfulness, money and subjective well-being, and romantic love.

Body into Balance Maria Noel Groves 2016-04-02 Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. *Herbalist Maria Noël Groves* shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems — respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more — optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. *Groves* includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

The Laughing Guide to Well-Being Isaac Prilleltensky 2016-04-14 Do you experience stress? Are you interested in better health and well-being? Do you pursue happiness? If you answered yes to any of these questions, you need to read this book. If you answered no, you're in denial. All of us can use a little help to become happier or healthier. Unfortunately, the help we get is often too scary: "if you don't do this or that, some catastrophic event of epic proportions will happen." Prilleltensky's approach, in contrast, is to help you become healthier and happier through laughter. In this hilarious book, Prilleltensky combines humor with science to help you improve your well-being. Each chapter consists of the

Laughing Side, a series of funny stories; and the Learning Side, a research-based, user-friendly guide to health and happiness. The first chapter provides an overview of well-being, while subsequent chapters cover each of its six domains: Interpersonal, Community, Occupational, Physical, Psychological, and Economic (I COPPE). When you finish the book you'll have a greater understanding of your life, and ways to make it better.

Well-Being in the Workplace: Governance and Sustainability Insights to Promote Workplace Health Nicole Cvenkel 2020-05-02

This book is intended for human resources management academics, researchers, students, organizational leaders and managers, HR Practitioners, and those responsible for helping support employees in the 21st-century workplace. It offers a path forward to create an environment that will not only build a healthier workplace by providing appropriate and effective well-being interventions but also offers solutions to manage multi-generational and 'holistic' employees within the employment relationship. The book describes the factors that promote healthy and WELL organizations and introduces concepts and strategies to reduce workplace stress and mental health issues and improve workplace well-being toward sustained organizational success. Employers that embrace the corporate responsibility of promoting the health and well-being of multi-generational, holistic employees will reap cost savings, employee engagement, and productivity advantages, as well as a healthier and more productive workforce.

Practicing the Application of Health Education Skills and Competencies Marilyn Morrow 1997 Health Sciences & Nutrition

Physical Activity and Health Kelli McCormack Brown 2002 This book focuses on the interconnectedness of health and being physically alive.

The Dimensions of Health John Hjelm 2010-10-25 *The Dimensions of Health: Conceptual Models* is an introductory text that examines the five dimensions of personal health: physical, social, emotional, intellectual, and spiritual. Each chapter: -Provides context for the study of that dimension -Includes examples of how experts think about that dimension -Presents two or more models developed by scholars and professionals -Discusses identifiable characteristics associated with each dimension By incorporating a variety of perspectives, *The Dimensions of Health* enables students to formulate their own answer to the question, "What is health?" This text is perfect for use in conjunction with a personal health text or as a standalone for any personal health course.

Advances in Tourism, Technology and Systems João Vidal de Carvalho

The Science of Yoga William J Broad 2012-02-07 Examines the health claims of modern yoga, drawing on scientific and cultural research to offer advice on how to recognize authentic yoga practice and gain actual benefits.

Community Nutrition Gail C. Frank 2008 This graduate-level community nutrition textbook presents a conceptual framework for understanding the course of health and disease and matching community nutrition or applied nutrition epidemiology to the model.

Women and Health Marlene B. Goldman 1999-11-23 *Women and Health* is a comprehensive reference which addresses health issues affecting women of all ages--adolescence through maturity. It goes far beyond other books on this topic which concentrate only on reproductive health, and has a truly international perspective. It covers key issues ranging from osteoporosis to breast cancer and other cancers, domestic violence, sexually transmitted diseases, occupational hazards, eating disorders, heart disease and other chronic illnesses, substance abuse, and societal and behavioral influences on health. *Women and Health* covers not only those conditions that are unique to or occur more frequently in women, but also those that present differently or are treated differently in women. Key Features: * Comprehensive, in-depth review of all aspects of women's health * Highlights key women's health issues including osteoporosis, domestic violence, breast cancer, menopause, infertility, heart disease, and many others * Addresses international women's health issues from a human rights and cultural perspective * Presents the latest research and clinical findings from leaders in their respective fields * Highlights controversies in treatment modalities * Challenges the medical community to address the impact of gender on health * Expands our thinking about the perceptions of disease and disorders in women * Challenges current status quo in health care delivery

National Library of Medicine Current Catalog National Library of Medicine (U.S.) 1992

Medical-surgical Nursing Lois White 2002 *Medical-Surgical Nursing: An Integrated Approach*, 2E examines all aspects of this nursing field, from how and where the health care delivery system is set up, to the nurse's role in care related to IV therapy and diagnostic testing, to legal and ethical responsibilities, communication, and cultural diversity. This revised edition also includes new chapters covering alternative therapies, and responding to emergencies. Case studies, critical thinking questions, and exercises developing care plans encourage students to think beyond the classroom. Full color illustrations, cross-referencing between chapters, and suggested resources are among the many features that will appeal to students.· Diagnostic tests are listed alphabetically in chart form making important information about the test, normal values and nursing responsibilities easy to find· Chapter end critical thinking questions help students apply chapter content· "Web Flash" box suggests Internet sites students can consult for additional information· Text includes a glossary, a list of abbreviations and acronyms, a listing of the latest NANDA nursing diagnoses and Standard Precautions

Principles & Labs for Fitness and Wellness Werner W. K. Hoeger 1997 This volume contains 17 chapters and exercises that serve as a guide to implement and complete a lifetime fitness and wellness programme. Extensive and up-to-date information is provided on: nutrition, weight management, cardiovascular and cancer-risk management, exercise and ageing; stress management; prevention of sexually-transmitted diseases and substance abuse.

Wellness on a Shoestring Michelle Robin 2010-05 Dr. Michelle Robin outlines and amplifies seven economical steps to wellness. The book includes assessment questions for each chapter, information on the practices from a variety of experts, personal stories from people who have seen results, next steps and journaling space.

Wellness City Ari-Veikko Anttiroiko 2018-04-19 Addressing the continuous need for new growth sectors in post-industrial cities, this book considers the economic significance of wellness from a development policy perspective. The author goes beyond personal health discourse to conceptualise wellness as an emerging industry, presenting empirical cases of community, attraction, and export-orientated strategies around the world. Combining holistic health, urban governance and economic development, this book will provide valuable reading for those studying policy, tourism and the wellness sector as well as business entrepreneurs within this evolving industry.

Current Catalog National Library of Medicine (U.S.) 1992 First multi-year cumulation covers six years: 1965-70.