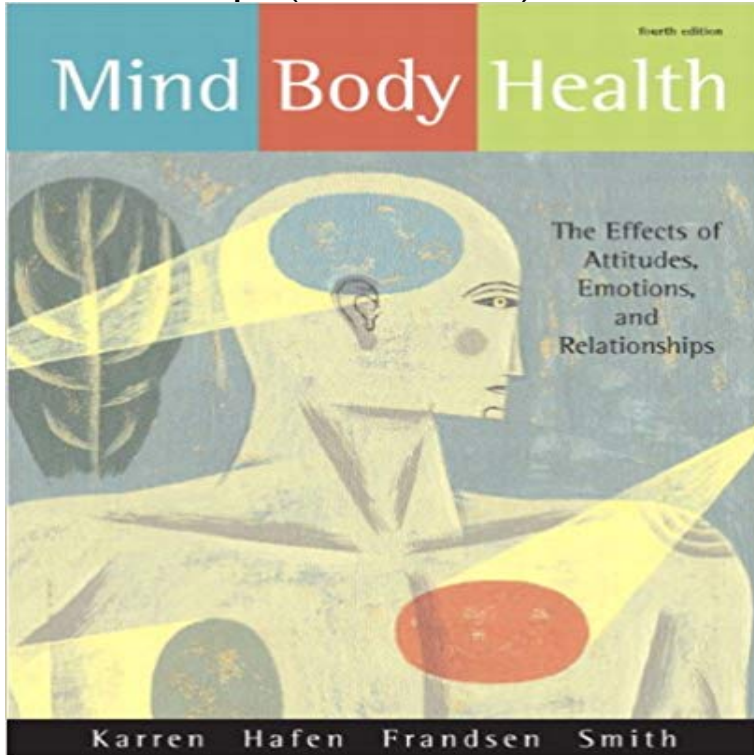


# Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships (4th Edition)



**Key Benefit:** Detailing the latest scientific findings regarding the relationship between the mind and body, this book discusses how attitudes and emotions directly affect physical health and well-being. Written by an interdisciplinary team of authors, including a professional health educator who is deeply involved in Mind/Body research and is an MD/Internist who specializes in Mind/Body practices, this book details current global findings on the relationship between the mind, body, and health. The authors show that negative emotions such as anger, depression, and anxiety can adversely affect physical health while positive emotions such as humor and optimism can serve to improve health and increase longevity. Relationships between physical health and spirituality, attitude, medicine, and various social factors are explored. The authors stress the importance of health choices and lifestyle factors on overall health and well-being, while laying groundwork for continued research in Mind/Body medicine in the 21st century. New to this edition is the inclusion of critical thinking questions in each chapter, chapter-specific web resources, and streamlined content. **Key Topics:**

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