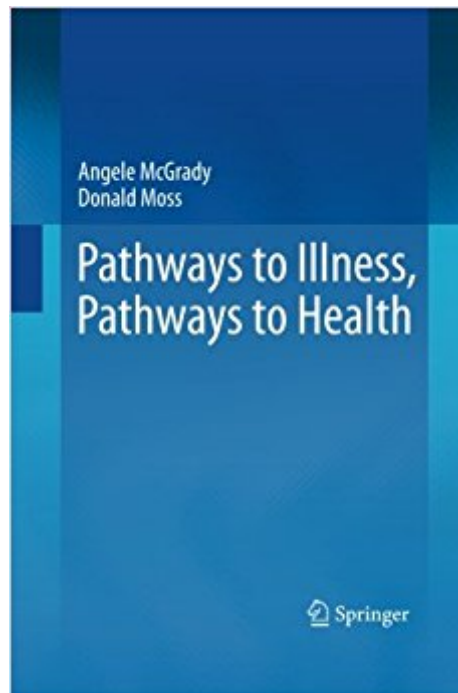




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Pathways To Illness, Pathways To Health



Synopsis

This book offers a psychobiological model for understanding the paths that lead people to illness, and suggests changes in maladaptive pathways. Covers stress-related illnesses including genetic-psychobiological etiology, and outlines multilevel interventions.

Book Information

Paperback: 263 pages

Publisher: Springer; 2013 edition (April 14, 2015)

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From the reviews: "Pathways to Illness, Pathways to Health provides a broad overview of the past research on complementary and alternative health techniques for both mental and physical illnesses. | The organization and outline of the book may provide a starting point for lifestyle coaches and alternative health care practitioners to find evidence for treatments |." (Patrick L. Hill and Robin K. Young, PsycCRITIQUES, Vol. 59 (4), January, 2014)

"Clearly written, well referenced, and immensely practical [offering] clinicians the reliable guidance they are looking for. . . . An important text in helping all of us to create the holistic and integrative models of care which are necessary to effectively address our current worldwide crisis of chronic illness." (James S. Gordon, MD, Center for Mind-Body Medicine, Saybrook University, from the Foreword)

These professionals are at the top of their game and masters in biofeedback. This book should be in every healthcare professionals library. Following these ideas would also save healthcare dollars

in the billions.

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