Principles of Health: Whole Body Wellness

Description
This book explores the concept of holistic whole-body wellness through physical, mental, social, environmental, and spiritual healing modalities.

The book objectively examines various health modalities, correlating each with supporting scientific research. The book organizes its content into concise, encyclopedia-style entries with consistent formatting, including definitions, key terms, and further reading sections, making it easy to navigate and ideal for reference or classroom use.

Purpose
The book aims to introduce students and researchers to the fundamentals of whole-body wellness by presenting evidence-based insights across physical, mental, social, environmental, and spiritual dimensions of health and modalities of healing. The book strives to provide a balanced and objective overview of diverse health practices and the research that supports them. In healthcare education, emphasis is placed on integrative and preventive health and whole-body healing. **This book fills an essential need by organizing diverse health modalities into concise, research-supported entries that promote understanding without bias. It successfully meets its objectives by combining clear explanations, consistent structure, and credible sources to help readers understand the diverse nature of healing.**

Audience
The book is written for students and researchers seeking a foundational understanding of whole-body wellness concepts. The book offers a broad overview of diverse healing modalities and wellness practices across multiple disciplines. While it suits many readers, including researchers, its structure and organization make it especially useful for students exploring the healthcare field. **The book effectively meets the needs of its intended audience by presenting well-researched, unbiased information in an accessible format.**
Each section is authored by professionals within their respective fields, providing credibility and depth to the material presented.

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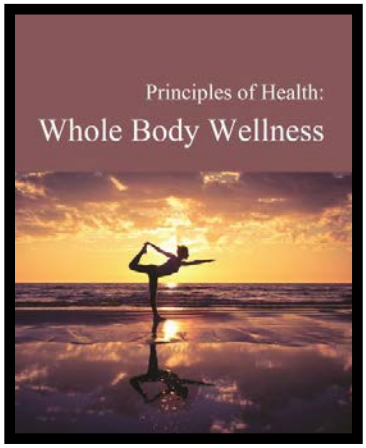
Review



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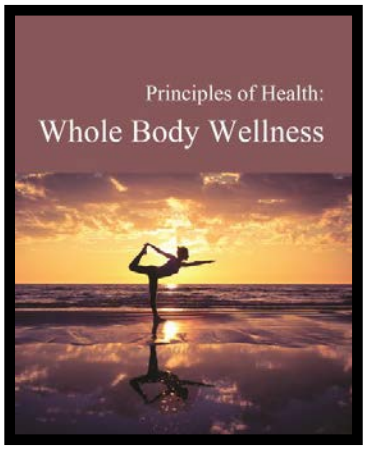
Features
This book examines the concept of whole-body wellness through discussing a variety of healing modalities organized around the physical, mental, social, environmental, and spiritual dimensions of health. **The book features concise, well-structured entries written by authors knowledgeable in the content area who present information clearly and without bias. Each entry is organized into distinct content areas, supported by relevant illustrations.**
Additional features such as a glossary, a list of organizations, and further reading sections at the end of each entry enhance the educational value and encourage more profound exploration of the material. **The entries employ straightforward language and well-explained concepts that make the material accessible to a broad audience, especially students and researchers. The clarity and consistent, well-organized layout encourage easy understanding of the content presented. The book's greatest strengths lie in its objectivity, structure, and comprehensive scope, providing an excellent foundation for understanding whole body wellness**...

Assessment
This book is a valuable and well-structured resource, particularly for students and researchers. It would also be a fantastic reference for the general public.
This book is exceptionally organized and has nearly 140 concise summaries of various healing modalities, with each outlining potential health benefits, cautions, and supporting research, making it a valuable reference for anyone interested in exploring whole body wellness and integrative healthcare. **The content in this book stands out for its breadth of coverage and balanced, non-promotional, and non-biased tone while discussing these modalities. I recommend this book to students, researchers, healthcare educators, practitioners, and the general public seeking a comprehensive, unbiased introduction to various healing modalities associated with whole body wellness.**

Weighted Numerical Score: 97 - 5 Stars! -*Doody's*

Review



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