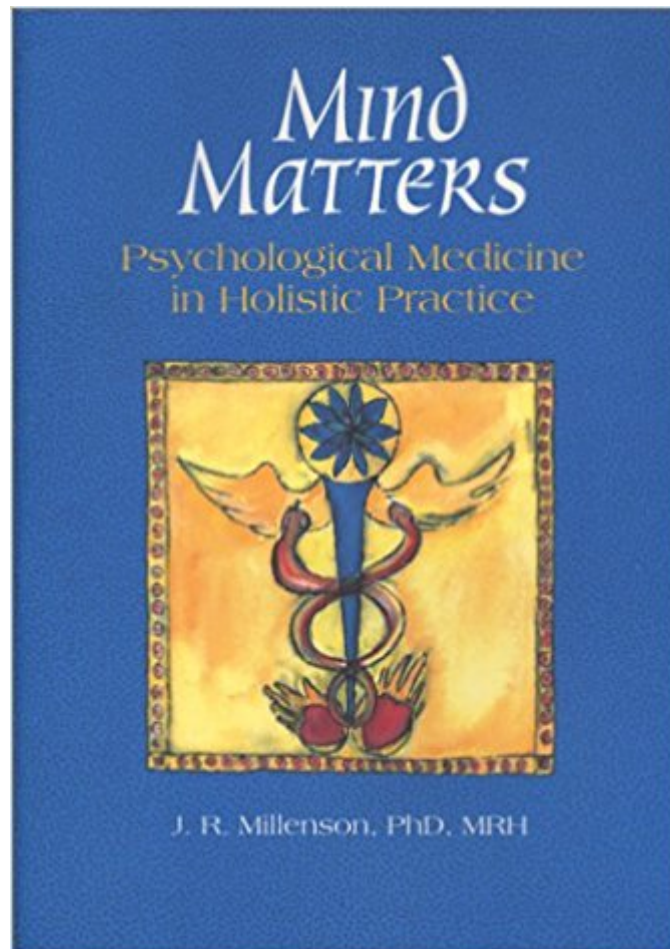




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# Mind Matters: Psychological Medicine In Holistic Practice



## Synopsis

This is an exploration of psychological medicine in holistic practice, written especially for students and practitioners of, and those with an interest in, alternative medicine. It is aimed at those wishing to look more deeply into the emotional and mental aspects of illness. The book weaves a balance between a scientific approach towards health psychology and humanistic conceptions of medicine as a healing art. It presents a rigorous exposition of the theory and practice of health psychology from the standpoint of natural medicine and sets the causes of illness into perspective from a multicausal, biopsychosocial point of view.

## Book Information

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## Customer Reviews

"A much needed counterbalance to many dry and uninspiring health psychology texts." --

Complementary Therapies in Medicine

J.R. Millenson received his Ph.D. from Columbia University in psychology, a subject that he taught at Carnegie Mellon, Oxford and McGill Universities. He is a Member of the Register of Herbalists (MRH) in Great Britain, and founder of the Findhorn Bay Apothecary, a natural health center in Scotland. He is currently a tutor for the School of Herbal Medicine of the General Council and Register of Consultant Herbalists in Brighton, Sussex. Among Dr. Millenson's other publications is Principles of Behavioral Analysis, a widely used psychology textbook.

there are some interesting ideas but overall I felt the book was outdated and dry. it was very hard to read.

This exhaustive review of the evolutionary changes in the healthcare industry is nonbiased and very readable. An excellent account of the impact of the outcomes movement, quality improvement and information science on how doctors will be treating patients for the foreseeable future. A must for all caregivers and useful for the rest of us seeking state of the art care for ourselves and our families. The author's background and review of recent historical changes provides for a great read.

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