

# Emotional Well-being and Mental Health

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#### EMOTIONAL WELL-BEING AND MENTAL HEALTH



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SAGE Publications Ltd Sep 2014, 2014. Taschenbuch. Book Condition: Neu. 244x170x11 mm. This item is printed on demand - Print on Demand Neuware - Well-being is an important topic for many different professions. From health professionals to politicians, a number of fields seek to research, understand and promote wellbeing. As a concept at the heart of psychotherapeutic practice, it is essential that trainee and practising therapists understand the distinctive contribution to our understanding of well-being that each of these professions have made. In this unique text, author Digby Tantam explores the philosophical, political, economical, psychological, medical and spiritual perspectives on well-being through a psychotherapeutic lens, explaining current research data and summarising findings. Theoretical approaches are balanced with an insight into their practical applications, showing therapists how each approach can inform their practice and make a real difference to the life satisfaction and health of their clients. 216 pp. Englisch.

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