



Self-Care: Embodiment, Autonomy and the Shaping of Health Consciousness

By Ziguras, Christopher

Routledge, UK, 2004. Hardcover. Condition: New. First Edition. 208 Pages. NEW. This book examines the widespread cultural and political consequences of the proliferation of popular health advice. It provides a key theoretical contribution to the sociological study of health and embodiment by illuminating the processes of social change that have transformed how individuals care for themselves and the ways in which power and desire now shape health behaviour. Self-Care will be of essential interest to students and academics working within the fields of sociology, health and social welfare. Book Description: This book examines the widespread cultural and political consequences of the proliferation of popular health advice. It provides a key theoretical contribution to the sociological study of health and embodiment by illuminating the processes of social change that have transformed how individuals care for themselves and the ways in which power and desire now shape health behaviour.: Self-Care will be of essential interest to students and academics working within the fields of sociology, health and social welfare. : About the Author: Christopher Ziguras is Research Fellow and Deputy Director of the Globalism Institute at RMIT University. He is editor of The International Publishing Services Market (with Bill Cope, 2002) and...



Reviews

This ebook is wonderful. I could comprehended every thing out of this created e ebook. I am just effortlessly can get a satisfaction of reading a created pdf. -- Federico Nolan

This ebook could be worthy of a read through, and far better than other. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this publication to learn.

-- Stefan Von