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Mental Health Mystery

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10-18-2020 Unraveling The

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Mystery Of Health

Unraveling the mystery of health
how people manage stress and
stay well 1st ed. This edition
published in 1987 by Jossey-Bass
in San Francisco.

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The Mystery Of Health How
**health (1987 edition) | Open
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Antonovsky, A. (1987). The Jossey-
Bass social and behavioral
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Bass health series. Unraveling the
mystery of health: How people
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stress ...**

Spring/printemps 1988, pp. 77-79
Unraveling the Mystery of Health:
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SERIES) [Antonovsky, Aaron] on
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**Unraveling the Mystery of
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Unraveling the mystery of health :
how people manage stress and
stay well by Antonovsky, Aaron.
Publication date 1987 Topics Sick
-- Psychology, Health behavior,

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Stress (Psychology), Adjustment
(Psychology), Stress,
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Psychological Publisher San
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Francisco : Jossey-Bass Collection
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**Unraveling the mystery of
health : how people manage**

...

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Antonovsky's book challenges the
health care community to
reassess its approach to health.
He asserts that the focus for too
long has been solely on illness
and the treatment of specific
disease,...

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**Unraveling the Mystery of
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cept is central to Antonovsky's efforts to unravel the mystery of health and means basically, a way of making sense of one's world. Antonovsky questions the

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dichotomous premise that
underlies most analyses of health
and illness.

**Unraveling the Mystery of
Health: How People Manage
Stress ...**

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**Unraveling the Mystery of
Health by Antonovsky -
AbeBooks**

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This model was described in his 1979 book, *Health, Stress and Coping*, followed by his 1987 work, *Unraveling the Mystery of Health*. A key concept in Antonovsky's theory concerns how specific personal dispositions serve to make individuals more

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resilient to the stressors they
encounter in daily life.

Aaron Antonovsky - Wikipedia

Unraveling the mystery and
symptoms of menopause Health
experts say roughly 1.3 million
women in the U.S. become

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**Unraveling the mystery and
symptoms of menopause**

Antonovsky, Aaron. "Unraveling

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Well." In The Health Psychology
And Behavioral Science
Reader, edited by David F. Marks,
127-139. London: SAGE
Publications Ltd, 2002. doi:
10.4135/9781446221129.n9.
Antonovsky, Aaron. "Unraveling

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suffering, whether physically from
illness, or emotionally from a loss.
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Consumers: Information
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Literacy. Journal of Consumer

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Health on the Internet: Vol. 24,
No. 3, pp. 293-300.

**Unraveling the Mystery of
Genetics Information for ...**

Unraveling the Mystery. Over
the past few decades, Alzheimer's
disease (AD) has emerged from

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obscure. Once considered a rare
disorder, it is now seen as a major
public health problem that has a
severe impact on millions of older
Americans and their families. The
National Institute on Aging (NIA)
is the lead agency for AD
research at

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Antonovsky A 1987 Unraveling
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Antonovsky's book challenges the
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He asserts that the focus for too
long has been solely on illness
and the treatment of specific
disease, with little or no attention
directed at the factors and

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Conditions Necessary For Health.
The author offers a way to
evaluate the psychological, social,
and cultural factors that relate to
health and well-being.
Antonovsky presents a model that
he calls the "sense of
coherence" (SOC), suggesting

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that the way people make sense
of the world is a major factor in
their health. He provides, as an
appendix, a questionnaire for
assessing the SOC for individuals
to evaluate and predict how well
they manage stress and stay
healthy. This model was

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presented by Antonovsky in an
earlier work, but this volume
provides more detail on both the
theoretical and research database
for the SOC. Insight is provided on
how SOC affects neuroendocrine
and immunological processes and
thus overall health. The

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Conceptual framework presented
in this book is useful and
important. The writing style,
however, is often cumbersome,
making for difficult reading. In
addition, the author assumes
readers are familiar with his
earlier work, Health, Stress and

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Coping (CH, Jan '80); readers not
acquainted with its content will
find it difficult to follow the ideas
being presented. In spite of these
shortcomings, the book sets an
important direction for thought in
the evolution of health promotion
strategies.

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`This book was an absolute joy to
read and offers a comprehensive
review of health psychology....

This book should become a
classic - necessary reading for
students in all branches of health.
Nursing students will find it

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invaluable, but other students -
and their teachers - will also find
it very useful. SAGE have added a
valuable and important text to
their already impressive list, and
Marks can be complimented on
his scholarly organisation of
complex topics into an accessible

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and readable whole. No library
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of their own' - Health Matters The
Health Psychology Reader is
designed to complement and
support the recent textbook
Health Psychology: Theory,

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Research and Practice by David F
Marks, Michael Murray, Brian
Evans and Carla Willig (SAGE,
2000). It can also be used as a
stand-alone resource given its
didactic nature. The Reader
explores key topics within the
health psychology field with

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incisive introductions to each
section by the editor and includes
a selection of the most important
theoretical and empirical
published work. The Reader is
organized into the following parts:
Part 1: Health Psychology's
development, definition and

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context Part 2: Theories in health
psychology Part 3: Health
behaviour and experience Part 4:
Beliefs, explanations and
communication Part 5: Critical
approaches to health psychology
In each of these areas the editor
has written introductory sections

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which highlight the key issues,
questions and problems. These
are summarized in Boxes, which
condense into a few words the
essential features of each topic.
The Health Psychology Reader
will be invaluable reading to all
students in Health Psychology,

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Why do we think, feel, and act in ways we wished we did not? For decades, New York Times

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bestselling author Dr. David A
Kessler has studied this question
with regard to tobacco, food, and
drugs. Over the course of these
investigations, he identified one
underlying mechanism common
to a broad range of human
suffering. This

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phenomenon—capture—is the
process by which our attention is
hijacked and our brains
commandeered by forces outside
our control. In Capture, Dr.
Kessler considers some of the
most profound questions we face
as human beings: What are the

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Origins of mental afflictions, from
everyday unhappiness to
addiction and depression—and
how are they connected? Where
does healing and transcendence
fit into this realm of emotional
experience? Analyzing an array of
insights from psychology,

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medicine, neuroscience,
literature, philosophy, and
theology, Dr. Kessler deconstructs
centuries of thinking, examining
the central role of capture in
mental illness and questioning
traditional labels that have
obscured our understanding of it.

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With a new basis for Stress And
understanding the phenomenon
of capture, he explores the
concept through the emotionally
resonant stories of both well-
known and un-known people
caught in its throes. The closer
we can come to fully

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Successfully change our thoughts
and behavior Ultimately, Capture
offers insight into how we form
thoughts and emotions, manage

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trauma, and heal. For the first
time, we can begin to understand
the underpinnings of not only
mental illness, but also our
everyday worries and anxieties.
Capture is an intimate and critical
exploration of the most enduring
human mystery of all: the mind.

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People Manage Stress And
The author of The Scent of Desire
examines the science behind the
feelings of revulsion and disgust,
describing where it originates in
the human brain, what its initial
purpose was and how it
influences people's personalities

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and values. 20,000 first printing.
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Haven t You Wondered? Have you
And Behavioral Science
ever wondered WHY people do
the things they do? Has anyone
ever made you scratch your head
because you just don't get them?
Are some relationships easy for

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you while others are difficult? And
Unraveling the Mystery of People
allows you to understand in an
easy and entertaining style how
people are hardwired and how
that hardwiring affects personal
interactions. Understand yourself
better and the environment in

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which you best thrive creating a
more satisfying work setting.
Build stronger, easier
relationships by understanding
the underlying reasons for
interpersonal difficulties. Lastly,
have a more enjoyable life as you
better understand why you do

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what you do and why others do
what they do!"

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This open access book is a
thorough update and expansion
of the 2017 edition of The
Handbook of Salutogenesis,
responding to the rapidly growing

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Salutogenesis research and
application arena. Revised and
updated from the first edition are
background and historical
chapters that trace the
development of the salutogenic
model of health and flesh out the
central concepts, most notably

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Experts describe a range of real-
world applications within and
outside health contexts. Many
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intervention research findings.
Readers will find numerous
practical examples of how to
implement salutogenesis to
enhance the health and well-
being of families, infants and
young children, adolescents,
unemployed young people, pre-

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retirement adults, and older
people. A dedicated section
addresses how salutogenesis
helps tackle vulnerability, with
chapters on at-risk children,
migrants, prisoners, emergency
workers, and disaster-stricken
communities. Wide-ranging

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coverage includes new topics
beyond health, like intergroup
conflict, politics and policy-
making, and architecture. The
book also focuses on applying
salutogenesis in birth and
neonatal care clinics, hospitals
and primary care, schools and

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universities, workplaces, and
towns and cities. A special section
focuses on developments in
salutogenesis methods and
theory. With its comprehensive
coverage, The Handbook of
Salutogenesis, 2nd Edition, is the
standard reference for

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researchers, practitioners, and
health policy-makers who wish to
have a thorough grounding in the
topic. It is also written to support
post-graduate education courses
and self-study in public health,
nursing, psychology, medicine,
and social sciences.

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Provides information on the
history of Lyme disease focusing
on the scientific processes
involved in its discovery.

Unraveling the Mystery of Autism
and Pervasive Development

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Disorder is an essential guide for
parents with autistic children who
hope to better understand and
intervene with the disorder. When
their nineteen-month-old son,
Miles, was diagnosed with autism,
Karyn Seroussi, a writer, and her
husband, a scientist, fought back

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with the only weapons at their
disposal: love and research.
Consulting medical papers,
surfing the Web, and networking
with other parents, they traced
the onset of their child's problems
to an immune system breakdown
that coincided with his

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vaccinations. As a result, his digestive system was unable to break down certain proteins, which in turn led to abnormal brain development. So Karyn and her husband got to work -- Karyn implementing their program at home while her husband tested

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his theories at the scientific lab where he worked. Unraveling the Mystery of Autism and Pervasive Developmental Disorder is an inspiring and suspenseful chronicle of how one couple empowered themselves to challenge the medical

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establishment that promised no
hope -- and found a cure for their
child. Here are the explanations
and treatments they so carefully
researched and discovered, a
wealth of crucial tools and hands-
on information that can help
other parents reverse the effects

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of autism and PDD, including step-
by-step instructions for the
removal of dairy and gluten from
the diet, special recipes, and an
explanation of the roles of the key
players in autism research.

Reclaim your life from chronic

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Sources, and social self.

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