

Understanding Wellbeing is an accessible introduction to the concept of wellbeing and its relevance to areas of health and social policy. Each chapter considers an aspect of wellbeing with an emphasis on conceptual clarity and the importance of reflective practice in this field. The book includes case studies, activities and reflection points to engage the reader with both the theory and its practical application. The book provides an overview of the concept of wellbeing and its relationship with and role in health, including:

- Psychological aspects of wellbeing — mind/body influences, psychology, spirituality
- Physical aspects of wellbeing — food, exercise, genetics, health promotion
- Social approaches to wellbeing — social policy, culture, environment, housing, education, information

Understanding Wellbeing provides students, professionals and practitioners of health and social care with the essential resources for understanding and promoting wellbeing. The Editors: Anneyce Knight is Senior Lecturer at the University of Greenwich, UK. Allan McNaught is Principal Lecturer at the University of Greenwich, UK. The authors are a multi-professional group of health academics with considerable national and international experience across the statutory and non-statutory sectors.

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