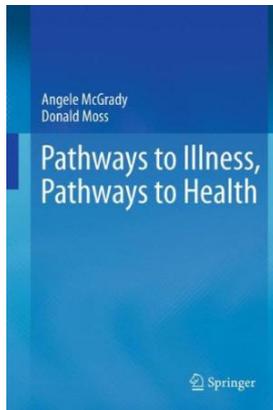


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PATHWAYS TO ILLNESS, PATHWAYS TO HEALTH



Springer. Hardcover. Book Condition: New. Hardcover. 175 pages. Dimensions: 9.3in. x 6.1in. x 0.8in. This book, designed for professionals, introduces a psychobiological model for understanding the paths that lead people to illness and provides recommendations for alterations of maladaptive pathways so that health is regained. Research findings are incorporated to identify causal variables for illness that can be targets for change. Evidence based recommendations for healthy behaviors and therapies are described. Throughout the book, the authors emphasize recognition of turning points...

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- Authored by Donald Moss
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