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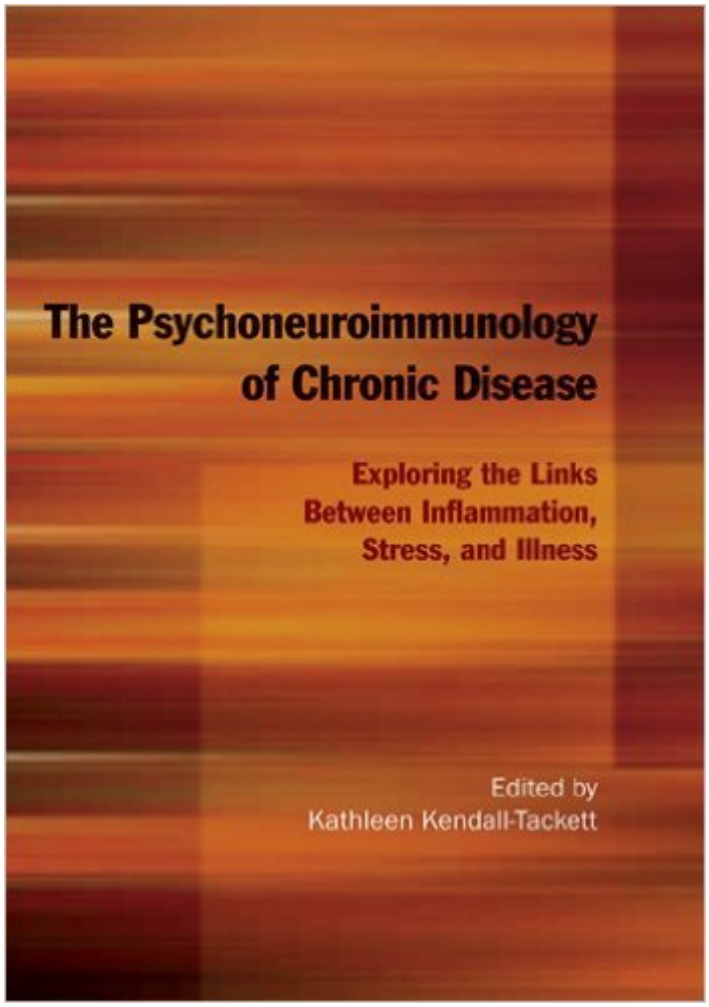
The Psychoneuroimmunology Of Chronic Disease: Exploring The Links Between Inflammation, Stress, And Illness



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Synopsis

Recent years have witnessed considerable growth in the field of psychoneuroimmunology, which describes how psychological factors, such as stress and depression, impact the neurological and immune systems. Kathleen Kendall-Tackett and an elite group of researchers explore the ways physical and psychological stressors such as poor sleep, PTSD, and depression, trigger the inflammatory response and increase the risk of disease. They approach this material from a variety of perspectives. Chapters in Part I describe the biological processes involved in inflammation, focusing on both the typical bodily response to threat as well as on the long-term deleterious effects of stress upon the immune system; while chapters in Part II examine the role of psychosocial stress in disease etiology. Throughout, chapter authors present evidence of connections between mind and body, and emphasize the need for improved communication between physicians and mental health care providers.

Book Information

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Customer Reviews

Great text by a great researcher. I've had the honor of being in the audience when this woman spoke so it as if I am listen to her words. Her style is comfortable to read. Remember however books are secondary refrence so you will also need to reference the articles that she has. None the less it is a great book to have in your library.

Lot of great information. Definitely directed to medical professionals TOok it to my rheumatologist. It

helped me ask better questions

The person who received this gift stated it was extremely insightful, interesting and helped her to truly understand where research is leading in regards to autoimmune disorders and other types of chronic pain.

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