

# 《Total Health Promoti》

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## 内容概要

Physical health is continually affected by the mind. Positive thinking, learning to deal with anger and malice, and being a part of creative social networks can extend life and lessen our chances of becoming ill. But despite overwhelming scientific evidence that mind and body are integrally related, health promotion is split into separate specialisms: mental health promotion, exercise and nutrition, social health promotion, health education and many other categories.

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