



Mind/Body Health: The Effects of Attitudes, Emotions, and Relationships (5th Edition)

By Keith J. Karren Ph.D., Lee Smith, Kathryn J. Gordon, Kathryn J. Frandsen

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In **Mind/Body Health: The Effects of Attitudes, Emotions and Relationships, Fifth Edition**, readers get the latest scientific findings regarding the relationship between the mind and body and how attitudes and emotions directly affect physical health and well-being. Unique in the field for its coverage of the subject from the perspective of health as it pertains to psychology, psychoneuroimmunology, relationships, faith, personality types, and other issues pertaining to consciousness, the book includes up-to-date, cutting-edge research demonstrating the link between the mind and body. Currently the only book of its kind, it is a popular choice by students and instructors alike for courses such as Personal Health, Holistic Health or Mind/Body Health, or even as a Sr. Capstone course.

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Editorial Review

About the Author

Keith J Karren, PhD has taught, researched, and published in the Health Sciences for four decades. He earned his PhD in Health Sciences at Oregon State University in 1975 and spent 39 years as a professor and department chair of Health Science at Brigham Young University. Dr. Karren has now “Refired” to other professional activities including writing and professional presentations. He founded the Prehospital Emergency Care and Crisis Intervention Conference, now in its 38th year, one of the top five EMS conferences in the nation. Dr. Karren also founded BYU’s Psychobiology of Health and Healing Conference. He is the author or co-author of several leading textbooks including Mind/Body Health, Prehospital Emergency Care, and First Aid for Colleges and Universities.

N. Lee Smith, MD, is co-founder of the Center for MindBody Health in Salt Lake City, Utah. He is also Director of Stress Medicine at the Omega Interventional Pain Clinic, and an investigator at Lifetree Clinical Research there. He created the Stress Medicine Clinic at the University of Utah Health Sciences Center, where he has been Clinical Associate Professor of Medicine and received student teaching awards. Dr. Smith received his medical degree from the University of California, San Francisco. Following his residency and board certification in Internal Medicine he developed a subspecialty in Behavioral Medicine. He has chaired national conferences and curriculum committees in these fields. Previously he practiced primary care medicine in Washington, DC, and in Korea.

Kathryn J. Gordon has thirty-eight years of professional experience in corporate and internal communications, public relations, marketing communications, media relations, and publications management. She currently serves as managing editor and a member of the board of directors of Covenant Communications, Inc., a Utah-based publishing company. Prior to her current position, she was press secretary for a U.S. Congressman; vice-president of a Salt Lake City publishing company; manager of internal communications for software manufacturer Novell, Inc.; director of public relations for a private college in Salt Lake City; and held communications management positions at a variety of national and international corporations.

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