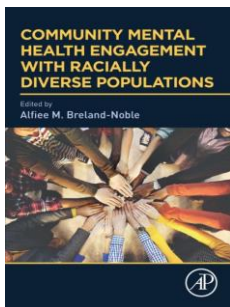


Community Mental Health Engagement with Racially Diverse Populations

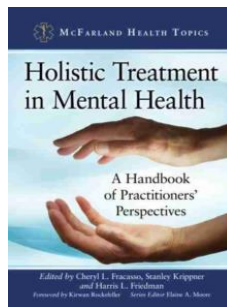


v měkké vazbě, 246 stran
vyd. Academic Press, V/2020
ISBN 9780128180129

katalog.cena cca 2.620 Kč vč.DPH
v této nabídce **2.220 Kč** vč.DPH

Community Mental Health Engagement with Racially Diverse Populations summarizes research on reducing mental health disparities in underserved populations through community engagement programs. It discusses the efficacy of such programs with specific populations of people of color and cultures, for specific disorders, and via specific communities. It identifies how and why community engagement works with these populations, how best to set up new community programs, the steps and stakeholders to success, and includes case studies showing successes and the challenges involved.

Holistic Treatment in Mental Health

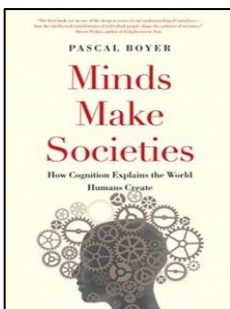


v měkké vazbě, 272 stran
vyd. McFarland, IX/2020
ISBN 9781476669939

katalog.cena cca 1.960 Kč vč.DPH
v této nabídce **1.680 Kč** vč.DPH

The first of its kind, this guidebook provides an overview of clinical holistic interventions for mental-health practitioners. Submissions from 21 contributors examine the validity of different methods and provide information on credentialed training and licensure requirements necessary for legal and ethical practice. Chapters covering a range of healing modalities describe the populations and disorders for which the intervention is most effective, as well as the risks involved, and present research on the effectiveness of treatment, with step-by-step sample clinical sessions.

Minds Make Societies

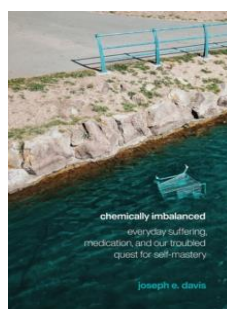


v měkké vazbě, 376 stran
vyd. Yale University Press, III/2020
ISBN 9780300248548

katalog.cena cca 500 Kč vč.DPH
v této nabídce **420 Kč** vč.DPH

A watershed book that masterfully integrates insights from evolutionary biology, genetics, psychology, economics, and more to explore the development and workings of human societies "There is no good reason why human societies should not be described and explained with the same precision and success as the rest of nature." Thus argues evolutionary psychologist Pascal Boyer in this uniquely innovative book. Integrating recent insights from evolutionary biology, genetics, psychology, economics, and other fields, Boyer offers precise models of why humans engage in social behaviors such as forming families, tribes, and nations, or creating gender roles. In fascinating, thought-provoking passages, he explores questions such as, Why is there conflict between groups? Why do people believe low-value information such as rumors? Why are there religions? What is social justice? What explains morality? Boyer provides a new picture of cultural transmission that draws on the pragmatics of human communication, the constructive nature of memory in human brains, and human motivation for group formation and cooperation.

Chemically Imbalanced



v měkké vazbě, 256 stran
vyd. University of Chicago Press,
III/2020
ISBN 9780226686684

katalog.cena cca 800 Kč vč.DPH
v této nabídce **680 Kč** vč.DPH

Everyday suffering--those conditions or feelings brought on by trying circumstances that arise in everyone's lives--is something that humans have grappled with for millennia. But the last decades have seen a drastic change in the way we approach it. In the past, a person going through a time of difficulty might keep a journal or see a therapist, but now the psychological has been replaced by the biological: instead of treating the heart, soul, and mind, we take a pill to treat the brain.

Chemically Imbalanced is a field report on how ordinary people dealing with common problems explain their suffering, how they're increasingly turning to the thin and mechanistic language of the "body/brain," and what these encounters might tell us. Drawing on interviews with people dealing with struggles such as underperformance in school or work, grief after the end of a relationship, or disappointment with how their life is unfolding, Joseph E. Davis reveals the profound revolution in consciousness that is underway.

We now see suffering as an imbalance in the brain that needs to be fixed, usually through chemical means. This has rippled into our social and cultural conversations, and it has affected how we, as a society, imagine ourselves and envision what constitutes a good life. Davis warns that what we envision as a neurological revolution, in which suffering is a mechanistic problem, has troubling and entrapping consequences.

And he makes the case that by turning away from an interpretive, meaning-making view of ourselves, we thwart our chances to enrich our souls and learn important truths about ourselves and the social conditions under which we live.

Mental Traveler



v pevné vazbě, 192 stran
vyd. University of Chicago Press, X/2020
ISBN 9780226695938

katalog.cena cca 600 Kč vč.DPH
v této nabídce **520 Kč vč.DPH**

How does a parent make sense of a child's severe mental illness? How does a father meet the daily challenges of caring for his gifted but delusional son, while seeking to overcome the stigma of madness and the limits of psychiatry? W. J. T. Mitchell's memoir tells the story—at once representative and unique—of one family's encounter with mental illness, and bears witness to the life of the talented young man who was his son. Gabriel Mitchell was diagnosed with schizophrenia at the age of twenty-one and died by suicide eighteen years later. He left behind a remarkable archive of creative work and a father determined to honor his son's attempts to conquer his own illness.

Before his death, Gabe had been working on a film that would show madness from inside and out, as media stereotype and spectacle, symptom and stigma, malady and minority status, disability and gateway to insight. He was convinced that madness is an extreme form of subjective experience that we all endure at some point in our lives, whether in moments of ecstasy or melancholy or in the enduring trauma of a broken heart. Gabe's declared ambition was to transform schizophrenia from a death sentence to a learning experience, and madness from a curse to a critical perspective. Through vignettes and memories, by turns difficult, unsettling, and humorous, *Mental Traveler* shows how Mitchell was drawn into Gabe's quest for enlightenment within madness. Shot through with love and pain, this memoir holds many lessons for anyone struggling to cope with mental illness, and especially for parents and caregivers of those caught in its grasp.

Anger



v pevné vazbě, 224 stran
vyd. Yale University Press, VII/2020
ISBN 9780300221428

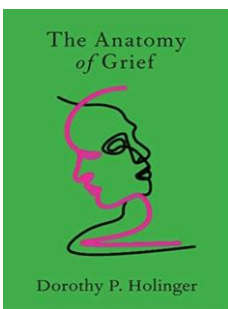
katalog.cena cca 660 Kč vč.DPH
v této nabídce **560 Kč vč.DPH**

Tracing the story of anger from the Buddha to Twitter, Rosenwein provides a much-needed account of our changing and contradictory understandings of this emotion. All of us think we know when we are angry, and we are sure we can recognize anger in others as well. But this is only superficially true. We see anger through lenses colored by what we know, experience, and learn.

Barbara H. Rosenwein traces our many conflicting ideas about and expressions of anger, taking the story from the Buddha to our own time, from anger's complete rejection to its warm reception. Rosenwein explores how anger has been characterized by gender and race, why it has been tied to violence and how that is often a false connection, how it has figured among the seven deadly sins and yet is considered a virtue, and how its interpretation, once largely the preserve of philosophers and theologians, has been gradually handed over to scientists—with very mixed results.

Rosenwein shows that the history of anger can help us grapple with it today.

Anatomy of Grief



v pevné vazbě, 328 stran
vyd. Yale University Press, X/2020
ISBN 9780300226232

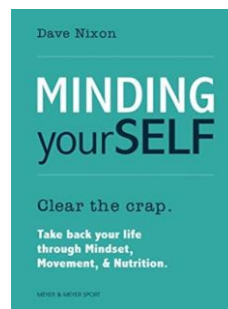
katalog.cena cca 660 Kč vč.DPH
v této nabídce **560 Kč vč.DPH**

An original, authoritative guide to the impact of grief on the brain, the heart, and the body of the bereaved. Dorothy Holinger's exploration of the contours of grief is wise, moving, thought-provoking, and, best of all, extraordinarily helpful. Beautifully written and humane, it is a balm for the bereaved. "Barry Bearak, Pulitzer Prize winner for international reporting: Grief happens to everyone. Universal and enveloping, grief cannot be ignored or denied.

This original new book by psychologist Dorothy P. Holinger uses humanistic and physiological approaches to describe grief's impact on the bereaved. Taking examples from literature, music, poetry, paleoarchaeology, personal experience, memoirs, and patient narratives, Holinger describes what happens in the brain, the heart, and the body of the bereaved.

Readers will learn what grief is like after a loved one dies: how language and clarity of thought become elusive, why life feels empty, why grief surges and ebbs so persistently, and why the bereaved cry. Resting on a scientific foundation, this literary book shows the bereaved how to move through the grieving process and how understanding grief in deeper, more multidimensional ways can help quell this sorrow and allow life to be lived again with joy. Visit the author's companion website for *The Anatomy of Grief*: dorothyholinger.com/

Minding Yourself



v měkké vazbě, 150 stran
vyd. Meyer & Meyer Sport, II/2020
ISBN 9781782551881

katalog.cena cca 440 Kč vč.DPH
v této nabídce **360 Kč vč.DPH**

Minding Yourself challenges the traditional approach to fitness and reframes the positive psychological approach to training, nutrition, and "self-love." For decades, trends in the fitness industry had created long-term psychological issues and provided short-term, unsustainable physical solutions to draw people in. This book breaks the reader free from the unhealthy pattern of yo-yo diets and impractical fitness routines by providing practical, healthy, and sustainable strategies for long-term change. This book will show the reader how to attach true meaning to losing weight, getting strong, building confidence, and eating healthily.

It bases its approach on the methods of people who have made healthy changes to their lifestyles and maintained them. It examines their why, what, and how. *Minding Yourself* revolutionizes how the reader approaches training, nutrition, and their overall outlook on the life-family-work balance.

After applying the strategies in this book, the reader will start living a life that's healthier and happier.