



## Lifestyle Medicine: A Manual for Clinical Practice

From Springer



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Lifestyle – the manner in which people live – is fundamental to health, wellness, and prevention of disease. It follows that attention to lifestyle is critically important to effective and successful health care. But here's the challenge: health care professionals receive very little, if any, formal training about lifestyle counseling and therefore are ill equipped to incorporate lifestyle issues into clinical practice. In response, "*Lifestyle Medicine*" is evolving as a means to fill this knowledge gap. Lifestyle medicine approaches health and wellness by harnessing the power of lifestyle-related behaviors and influencing the environment we live in. It is a formal approach that promises to enhance and strengthen a re-invigorated health care system that is still outpaced by the epidemic proportions and complexity of chronic diseases like obesity, diabetes, depression, hypertension, and cancer, among others. *Lifestyle Medicine: A Manual for Clinical Practice* presents this formal approach in a pragmatic context. This unique and practical manual provides clear and succinct guidance on nearly all aspects of lifestyle medicine. The approach is both explanatory and pragmatic, providing case studies and bulleted translation of academic information into clinical practice recommendations. There is an emphasis on scientific evidence wherever possible as well as opinions by the expert chapter authors who practice lifestyle medicine. There is a "how-to" rationality to the book, consistent with a premise that any and all health care professionals should, and perhaps must, incorporate lifestyle medicine. A valuable checklist is included at the close of the book that summarizes key points and provides a practical tool for routine patient encounters.

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## Editorial Review

### Review

“In 32 chapters the authors review the influence of lifestyle on medical conditions, but more important is how changes in lifestyle may improve these diseases. An interesting approach which has led to formation of the American College of Lifestyle Medicine. For clinical practitioners.” (Pediatric Endocrinology Reviews (PER), Vol. 14 (2), December, 2016)

“Each chapter is a standalone monograph with an introduction, very short vignettes of a case history, followed by the psychological aspects, physical impact, some evidence-based management thoughts, resources, and references. ... This book takes a comprehensive approach, covering many of areas that the single-issue monographs on this topic do not. As such this is a valuable overview that has tremendous value to primary care or specialist clinicians, and for supporting medical professionals such as nutritionists, physical therapists, and pharmacists.” (Vincent F. Carr, Doody's Book Reviews, July, 2016)

### From the Back Cover

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### About the Author

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#### **Paula Mayo:**

Reading can called brain hangout, why? Because if you find yourself reading a book specially book entitled *Lifestyle Medicine: A Manual for Clinical Practice* your head will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each word written in a publication then become one form conclusion and explanation that maybe you never get ahead of. The *Lifestyle Medicine: A Manual for Clinical Practice* giving you another experience more than blown away your thoughts but also giving you useful information for your better life with this era. So now let us teach you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

#### **Frank Tye:**

In this era globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The health of the world makes the information better to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher that print many kinds of book. Typically the book that recommended to you is *Lifestyle Medicine: A Manual for Clinical Practice* this guide consist a lot of the information of the condition of this world now. This kind of book was represented just how can the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The particular writer made some exploration when he makes this book. That is why this book suited all of you.

**Marivel Tye:**

On this era which is the greater particular person or who has ability to do something more are more valuable than other. Do you want to become one of it? It is just simple way to have that. What you should do is just spending your time not much but quite enough to possess a look at some books. On the list of books in the top list in your reading list is definitely Lifestyle Medicine: A Manual for Clinical Practice. This book that is qualified as The Hungry Hillsides can get you closer in becoming precious person. By looking up and review this book you can get many advantages.

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