



# **MindBody Medicine: Foundations and Practical Applications (Psychosocial Stress Series)**

*Leo W. Rotan, Veronika Ospina-Kammerer*

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*MindBody Medicine* encapsulates a variety of interventions designed to change, strengthen, or enhance a patient's thoughts, emotions, and behaviors in order to promote improved health and wellness.

There has been a growing trend among professionals in the health care fields to better understand the mind-body connection. How do the body and mind interact and, more specifically, how can we use the energy of the mind to heal the body?

Leo Rotan and Veronika Ospina-Kammerer have sifted through already existing works on this topic and compiled a comprehensive overview of this expanding field of study. As a result, *MindBody Medicine* provides students and practitioners in a range of health care professions with a guide to more fully understand the relationship between body and mind.

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