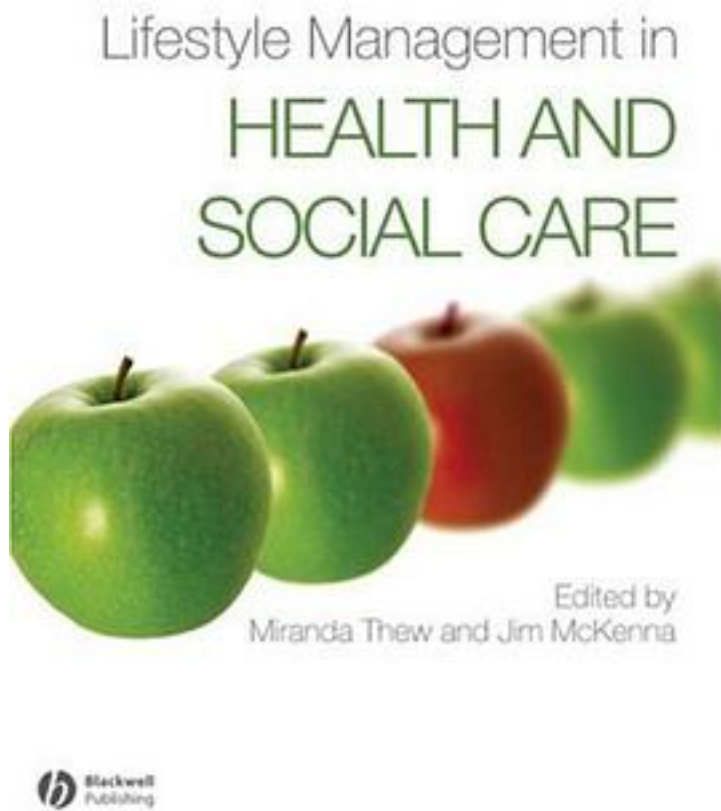


# Lifestyle Management in Health and Social Care



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著者:McKenna, Jim 编

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"Lifestyle Management in Health and Social Care" is a one-stop handbook for health

and social care professionals that assists in the provision of a wide range of professional lifestyle advice, treatment or condition specific therapy. It is both evidence-based and highly practical. Each chapter provides background information on a particular lifestyle factor including fatigue, stress, relationships and diet. In addition the book offers suggestions for further reading and step-by-step advice on how to explain and facilitate lifestyle skills with clients. At the end of each chapter and posted on the companion website are information sheets to hand out to clients to further support their understanding and their ability to apply effective strategies and skills for change. Features Companion website with downloadable PDF files of client handouts Evidence-basedMulti-professional contributions Suggestions for further readingIncludes motivational interviewing

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