

# The Health of Populations

Beyond Medicine

Jack E. James



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**AUDIENCE**

Professionals and graduate students in public health, epidemiology, sociology, health science, health promotion, health education, preventative medicine, health policy and planning, and health psychology. In addition, this book will be greatly welcomed by the interested general reader.

# The Health of Populations

## *Beyond Medicine*

Jack James PhD, Professor of Psychology, Department of Psychology, Reykjavik University, Reykjavik, Iceland



This book provides a carefully constructed and thoroughly evidence-based critique of the limitations of conventional biomedical healthcare. It illustrates the conditions necessary to optimize the health of populations, achieve equality in global health, and limit healthcare costs despite continued population growth and aging.

### KEY FEATURES

- Heavily evidence-based and thoroughly referenced with hundreds of scientific citations.
- Contains a glossary, as well as valuable tables, illustrations, and information boxes to further explain core content.
- Provides fresh perspectives on issues related to rapid population growth, population aging, rising costs, diminishing resources, health inequality, epidemic levels of medical harm, and more.
- Carefully distills extensive tracts of information, clarifies misunderstandings, and rebuts myths with the ultimate goal of encouraging better understanding of the action needed to promote optimal health for all.

### DESCRIPTION

*The Health of Populations: Beyond Medicine* uses current research and in-depth analysis to provide insights into the issues and challenges of population health; a subject of increasing concern, due largely to the failure of biomedicine to effectively address the major contemporary problems of health.

The 15 chapters of the book are divided into three sections that focus on the science of health, the harm of medicine, and how to achieve optimal health. Reducing the global burden of disease requires prevention of disease incidence, which is achievable through reduction of exposure to primary (behavioral) and secondary (biomedical) risk factors.

By highlighting the benefits of preventing incidence of disease, this book illustrates how biomedicine needs to be repositioned from being the dominant approach in healthcare to being an adjunct to behavioral, legislative, social, and other preventive means for optimizing personal and population health.

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# Online Health Populations Beyond Medicine

**Mike Jess**



## **Online Health Populations Beyond Medicine:**

## **Online Health Populations Beyond Medicine** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Online Health Populations Beyond Medicine**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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