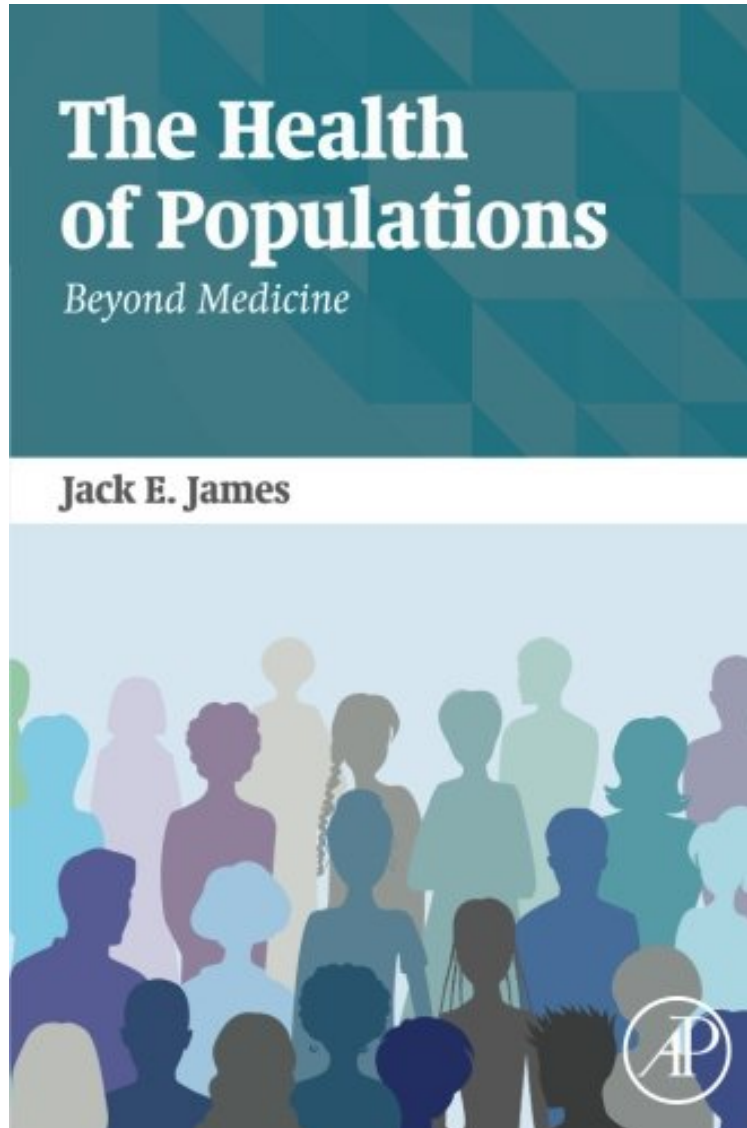


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The Health of Populations: Beyond Medicine

Jack James

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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 rapid population growth, population aging, rising costs and diminishing resources, health inequality, and the global rise in noncommunicable diseases. 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. 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. 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 population health. Heavily evidence-based and thoroughly referenced with hundreds of scientific citationsContains a glossary, as well as valuable tables, illustrations, and information boxes to further explain core contentProvides fresh perspectives on issues related to rapid population growth, population aging, rising costs, diminishing resources, health inequality, and moreCarefully distils 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

"...a masterpiece...Everyone interested in health should buy and read this book...this book will be ranked in the top 10 best books written in the 21st century in the field of health sciences." --Psychology Today "focuses the power of scientific analysis to demonstrate with devastating force that prevention is vastly superior to cure, yet we frequently behave as if we did not believe that to be so, both as individuals and as societies, and that we do so at our perilThis book should be on the must-read list of politicians and policy planners as well as those of academics and senior tertiary students in public health, health promotion and medicine in general. The authors highly accessible language and careful attention to definition of jargon terms makes the book very accessible to the non-specialist reader as well as students. The work could act as a wonderful core text for a series of seminars or tutorial debates in these fieldsa text that should prove to be a powerful motivator" --Thomas A. Matyas, PhD, Adjunct Professor, School of Psychology and PublicHealth, La Trobe University, Honorary Professorial Fellow,Stroke Division, Florey Institute of Neurosciece and Mental HealthFrom the Inside FlapThis evidence-based critique reveals the schism that exists between the actual and claimed successes of biomedical science and practice; and shows why medicine needs to be repositioned from being the dominant form of healthcare to being an adjunct to preventive behavioral, legislative, and social means for optimizing personal and population health.About the AuthorJack James was educated in Sydney, where he completed university studies in psychology, biology, social science, and the humanities. He trained as a clinical psychologist, and completed a PhD in experimental clinical psychology. Shortly thereafter, he was drawn to the new field of health psychology, which became the mainstay of his subsequent professional and academic career. He has been on the faculty of several universities in Australia and Europe, and has been principal investigator and recipient of health-related research grants from major granting bodies in Australia, Ireland, Iceland, and the European Union. In the 1990s, he was Foundation Professor of Behavioural Health Sciences, La Trobe University, Melbourne, and Founding National Chair of the Australian College of Health Psychologists. In the 2000s, he was Professor and Head of Psychology, National University of Ireland, Galway. He now lives and works in Iceland, where he is Professor of Psychology, Reykjavk University.