



Body and Mind Connection: The Connection Between Physical Health and Mental Wellness (Paperback)

By Patricia a Carlisle

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book attempts to establish the correlation between the mind and the body, and how each impacts the other; and at the same time provides operational definitions of the words mind and body. The mind represents more than just the thinking faculty of a person, associated usually with thoughts, ideas, and concepts, and the ability to process them. Beyond this, usual understanding of what constitutes the mind, I propose that the mind transcends one s thoughts, but also encompasses feelings, emotions, and desires. For the purpose of this book, the mind may refer to one s beliefs and convictions which cover religion or faith of God. In addition, it delves on what constitutes a healthy physical condition as well as mental wellness. A growing body of research sees a strong connection between the physical health and mental wellness. Whatever happens in the physical body has a bearing on a person s mind, and anything that transpires in the mind affects the body as well. What experts are pointing to is that there appears to be interrelatedness if not interdependence between the two....



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