



Multicultural Approaches to Health and Wellness in America [2 volumes]

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Led by a UCLA-trained health psychologist, a team of experts describes non-traditional treatments that are quickly becoming more common in Western society, documenting cultural variations in health and sickness practices to underscore the diversity among human society.

- Provides a thorough exploration of different approaches to health—such as Ayurveda, traditional Chinese medicine, and Native American medicine—written by interdisciplinary teams of authors and subject experts
- Dedicates multiple chapters to the health practices and specific challenges of specific minority groups such as Latinos, African Americans, and Asian Americans
- Demonstrates the diversity of world views regarding health that falls outside of the Western definition: the absence of disease
- Documents the inherent role of immigration and acculturation in health disparities
- Supplies clear, carefully considered prescriptions for achieving cultural competence

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