

CONTENTS

About the authors	vii
Introduction	viii
1 Preparing for the journey	1
A map to guide us	3
Our motto	16
2 The mind	24
Consciousness	26
Embodiment	33
Emotions	36
Cognitions	41
Awareness+	45
3 The body and the brain	48
Biochemistry	50
Neurons	54
Neural networks	55
The nervous system	58
The body	61
4 Culture and society	68
Microsystem	71
Mesosystem	75
Exosystem	76
Macrosystem	80
Ecosystem	83
5 Childhood and development	86
Pregnancy and birth	88
Infancy	89
Early childhood	92
Education	95
Youth development	98

Contents

Development throughout adulthood	101
Aging	104
6 Occupations and organisations	107
The mind	109
The body	116
Culture	120
Society	124
7 Religion and spirituality	129
The religion–health connection	131
Meditation and Buddhism	136
Yoga and Hinduism	142
Religion, spirituality and positive psychology	148
8 Ethical and reflective practice	151
Ethical practice	153
Reflective practice	161
Glossary of terms	169
Quiz answers	171
References	174
Index	216