



# Health: The Foundations for Achievement

*David Seedhouse*

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## **Health: The Foundations for Achievement** David Seedhouse

This inspirational book provides the philosophical backbone to countless courses for health professionals. It poses two fundamental questions - "What is health?" and "How can more health be achieved?" - and answers them at a depth unmatched by any other text in this field. David Seedhouse shows that these questions lie at the heart of health practice, and explains why all health workers should ponder them deeply.

This second edition retains the freshness and enthusiasm of the first, while making the foundations theory and its practical applications clearer and more accessible than ever. The book includes additional material and discussion, new case studies and revised illustrations.

- \* Describes and explores competing theories of health
- \* Establishes a practical and ethical foundation for health promotion and education
- \* Explains the foundations theory - a novel and comprehensive way to understand health
- \* Shows how the foundations theory might be used to create more humane health services

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