



Wellbeing: Policy and practice

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The concept of wellbeing is currently being explored globally, with policy makers debating how to use and measure wellbeing beyond the traditional means that focus upon material and economic indicators.

This book details the contemporary research evidence base for health and wellbeing within the global context and discusses how this improved knowledge can be applied to both healthcare policy and practice. It discusses and analyses the many different but inter-facing arguments around wellbeing and its relevance in the modern world.

Written by a multi-professional group of health and wellbeing academics who have extensive national and international experience across the statutory and non-statutory sectors, the book is essential reading for healthcare professionals and policy makers looking for a comprehensive and up-to-date summary of the latest research and practice in the field of wellbeing.

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