



## Complementary & Alternative Therapies in Nursing: Sixth Edition

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# Complementary & Alternative Therapies in Nursing: Sixth Edition

## Complementary & Alternative Therapies in Nursing: Sixth Edition

**Named a 2013 Doody's Core Title!**

*"[C]onsistently offers easily accessible and timely information on how complementary therapies influence the health, comfort, and well-being of patients in a variety of clinical settings. It is an influential resource for nurses in practice, education, and research."*

--**Janice Post-White**, PhD, RN, FAAN

Now in its sixth edition, this highly acclaimed book continues to provide nurses with cutting-edge research and practice guidelines for complementary and alternative therapy. Enriched with new chapters, contributors, live web resources with the authors' own updated information, and a new emphasis on evidence-based practice, this highly anticipated edition demonstrates how nurses can serve as an active, healing presence for their patients.

Also new to this edition is the authors' emphasis on cultural awareness. To this end, the authors incorporate new, engaging cultural applications in every chapter.

### **Cutting-edge therapies discussed include:**

- Energy and biofield: healing touch, light therapy, and reflexology
- Mind-body: yoga, meditation, and storytelling
- Manual: massage, exercise, and Tai Chi
- Biological-based: aromatherapy and herbal therapies

As the consumer demand for complementary therapies continues to increase, it is critical that nurses have thorough knowledge of complementary therapies in order to stay informed about research and practice guidelines, alert patients to possible contraindications with Western biomedicine, and even incorporate some of these therapies in their own self-care.

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