



Stress reduction through joy of life. The salutogenesis model by Aaron Antonovsky

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Seminar paper from the year 2003 in the subject Psychology - Work, Business, Organisational and Economic Psychology, grade: 1, Karlsruhe University of Education, language: English, abstract: Typically, a person is not preoccupied with his/her health until getting sick. The state of wellbeing is so natural for most of us, that it barely enters the level of our consciousness. Consequently it is not surprising, that there is by far more literature about diseases, their symptoms and the course of a disease, than about the subject of health. Does the term "symptoms of health" exist at all?

Aaron Antonovsky did focus on the interesting subject of how an individual can stay healthy. He developed the model of salutogenesis, which he put in contrast to pathogenesis. Despite of his criticism of the latter concept used by the medical community, it was important for him to stress, that salutogenesis was supposed to serve as an addition to and not a replacement for pathogenesis. This model is presented here. At the end, I will discuss the subject of joy of life.

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Exactly why? Because this Stress reduction through joy of life. The salutogenesis model by Aaron Antonovsky is an unordinary book that the inside of the book waiting for you to snap that but latter it will zap you with the secret the idea inside. Reading this book close to it was fantastic author who also write the book in such amazing way makes the content on the inside easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you for not hesitating having this any longer or you going to regret it. This unique book will give you a lot of rewards than the other book have such as help improving your proficiency and your critical thinking technique. So , still want to hold off having that book? If I had been you I will go to the publication store hurriedly.

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