



Health Education and Administration

By Rashmi Soni

Atlantic Publishers & Distributors (P) Ltd, 2012. Softcover. Book Condition: New. Health is rightly described as the greatest of our possessions, one of the most essential to the enjoyment of all our other faculties and blessings; hence it should be highly prized and carefully guarded. However, the predicament is that people in general give little attention to health until it is destroyed. Man's natural aim in life is happiness which is largely an attitude of the mind. While the laws of physical health have been disseminated in different ways, the question of mental health is sadly neglected, as a result of which, people in general are not aware of the right concept of health, particularly mental health. The aim of the book Health Education and Administration is not to claim that all illnesses can be avoided by following the fundamental rules of nature. It only says that many, if not most, can be avoided since illnesses are the result of the breaking of the rules that determine nature's harmony. This book sheds light on the basic concepts and related aspects of health and disease and tells us how to maintain a natural and holistic approach to life, not only to...

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