



## The Hormone Factor in Mental Health: Bridging the Mind-body Gap

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## **The Hormone Factor in Mental Health: Bridging the Mind-body Gap**

Endocrine imbalances can cause a whole host of physical and mental health problems. Yet, there is currently no definitive source of information that shows how hormones can bridge the gap between mental health and medical health modalities. This book is a bold crossover between the disciplines of medical and mental health, exploring the understanding that some of the major mental diagnoses belong not only to the field of mental health but also to that of medicine. Beginning with patient stories that display the devastating effects of misdiagnosis and the struggle to obtain the correct treatment, it provides members of the mental health profession with an authentic understanding of the impact of endocrine imbalances and disorders. With contributions from some of the world's most respected physicians, psychiatrists and psychotherapists, it provides accurate medical and psychological information about hormone imbalances and disorders, how to recognise the signs in patients, and how to treat them effectively. A comprehensive resource that provides all the information needed to identify endocrine disorders in patients successfully; this book will be of immeasurable value to clinical psychologists, marriage and family therapists, social workers, doctors, nurses and mental health clinicians.

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