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Encyclopedia of wellness: from açai berry to yo-yo dieting

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Encyclopedia of wellness: from açai berry to yo-yo dieting, ed. by Sharon Zoumbaris. Greenwood, 2012. 3v bibl index afp ISBN [9780313393334](#), \$278.00; ISBN [9780313393341](#) [ebook](#), contact publisher for price

Zoumbaris, a librarian and health and science writer, has created a basic-level encyclopedia of health and wellness that is much broader in scope than works focusing exclusively on complementary and alternative medicine, nutrition, or public health. It addresses issues related to wellness from a variety of perspectives: physical, emotional, social, intellectual, and spiritual. The valuable introduction consists of a general overview of wellness within the US from each of these perspectives. Over 200 highly readable entries, which typically range from one to ten-plus pages in length, are written by academics and wellness practitioners. Topics include common diseases, complementary and alternative therapies, US health policy, diet and exercise trends, biographies, nutrition, and psychological and spiritual aspects of wellness. Illustrations are scarce and provide little useful information. The encyclopedia features useful tools to facilitate research, including an alphabetical listing of all entries and broad subject groupings. Each entry includes a bibliography and cross-references to related topics. A brief glossary appears at the end of the final volume, along with an extensive listing of government, nonprofit, and private Internet sites that provide further information on health and wellness. **Summing Up:** Recommended. Lower-level undergraduates and general readers.

--E. Tappeiner, Hostos Community College Library