



Lifestyle in Medicine (Critical Studies in Health and Society)

Emily Hansen, Gary Easthope

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In Western societies, 'lifestyle' as an explanation for health and illness has become increasingly popular.

Lifestyle in Medicine explores the ambiguity of the term 'lifestyle' and the way it is conceived and applied within medicine. Based on real doctor-patient consultations and in-depth interviews with doctors, the book discusses:

- the history behind current medical use of lifestyle
- the variable usage of the 'lifestyle' concept in different medical settings
- critical writings and recent shifts in sociological thinking about lifestyle
- public and government concerns about unhealthy lifestyles
- the ways in which health is discussed, doctor to patient.

Evidence-based in its approach, this book uses original research to highlight this topical issue and provides professional and lay perspectives on health and illness. It is essential reading for students and academics of medical sociology, health and allied health studies and anyone interested in health and society.



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