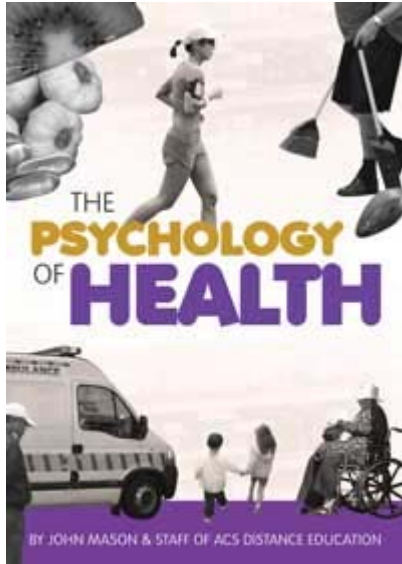




Press Release

11 August 2015



The Psychology of Health ebook is out now

ISBN: 978-0-9942948-6-9

Pages: 77

Images: 57

We are excited to announce that we have a new ebook that we have recently released called "The Psychology of Health". This ebook has been written by John Mason and staff of ACS Distance Education.

The Psychology of Health ebook looks into the relationship between psychological and physical health. It is a great companion for any health or psychology student.

The ebook covers the follow subject areas: How a healthy lifestyle can impact on physical and mental health? Mental disorders - signs & symptoms, Physical illnesses with a mental dimension, Mental problems & disorders with a physical dimension, The role of psychology in managing physical and mental illnesses, Providing better health services and Business opportunities in the health industry.

Here's an extract from the ebook: "Psychology and health are intricately intertwined. Our physical health can impact on our mental health and vice versa. There are many examples of links between mental health and physical health problems which are not only detrimental to the individual's quality of life, but which put strain on health care services and the wellbeing of society as a whole. This book explores the complex relationship between health and psychology and the ways that understanding this relationship and good management of it can lead to healthier lifestyles."

This ebook is now available for purchase for \$32.95 including GST from our online bookshop and there is also a free sample available here:

<http://www.acsbookshop.com/product-the-psychology-of-health-pdf-ebook-5975.aspx>

If you would like a review copy of this ebook, please contact sarah@acs.edu.au .

If you have any queries or would like to arrange an interview or a review copy of this eBook, please call or email the ACS head office on the Gold Coast on (07) 5562 1088 and ask for our Media and Marketing Officers (admin@acs.edu.au).

About ACS Distance Education ... Established in 1979, ACS Distance Education is a leading Australian Distance Education provider offering over 600 courses via correspondence, online or on CDs. The Institution has offices in Australia and the United Kingdom and has Affiliates in Australia, Philippines, Singapore, UK, New Zealand, France and Ireland. ACS has educated thousands of students, many of whom have gone onto successful employment, both in industry or in their own businesses.