

-N. Y. Times Book Review

FRANZ ALEXANDER, M.D. PSYCHOSOM MEDICINE

Its Principles and Applications

BASIC, thoroughgoing description of the psychosomatic approach to medicine that describes the influence of emotions on bodily functions in health and disease. It provides a clear picture of the psychological factors that play a vital role in an individual's health, and shows why they should be examined with the same care as the actual body processes.

"A clear and concise setting down of an important and revolutionary viewpoint in medicine by its foremost living exponent. An integrated study, it presents truths, many of them first formulated by the author, which have stood more than a decade of testing; truths which can now be placed among the fundamental laws of medical science."-N. Y. Times Book Review

SUBJECTS COVERED:

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- Modern psychiatry and psychoanalysis and the development of medicine
- Fundamental principles of the psychosomatic approach
- Emotional factors influencing appetite, eating, swallowing, digestion and elimination
- Emotional factors in respiratory disturbances like bronchial asthma • Emotional factors in heart disturbances and
- headaches
- Emotional factors in skin diseases
- Emotional factors influencing metabolism, fatigue, and gland disturbances such as diabeter
- Emotional factors relating to disturbances of the joints and skeletal muscles like rheumatic arthritis
- The accident-prone individual
- The functions of the sexual apparatus and their disturbances

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