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Fifteen Minute Hour: Therapeutic Talk In Primary Care, 5th Edition



Synopsis

Nearly 30 years after the first edition was published, *The Fifteen Minute Hour: Therapeutic Talk in Primary Care* continues to support primary care practitioners in solving and often preventing many psychological and behavioural problems, while enhancing the therapeutic relationship with their patients. The simple and effective techniques are easily learned and designed to increase patient satisfaction without adding significantly to the length of a visit. The book has become necessary reading around the world, and this fifth edition is completely updated with new references substantiating the efficacy of the authors' methods. New material focuses on findings regarding brain plasticity, gene expression and the epigenetic effects of constructively managing stress, while also demonstrating the power of positive affirmation, mindfulness and exercise on enhancing health.

Book Information

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Customer Reviews

"For those of us who want to improve our communication and relational skills, there are few books better than this one. I've read it multiple times, and return to it frequently. The fifth edition provides updated chapters and excellent references on mind-body relationships, cognitive behavioural therapies, and the particular challenges of difficult patients." — Dr Gianakos, Director of medical Student Education, Centra Health, The Pharos "This is a highly valuable addition to and ancillary reading for a primary care practitioner's library. It is worthwhile reading to remind us why we became physicians." — Vincent F Carr, DO, MSA, FACC, FACP, in *Doody's*

Book Reviews Praise for previous editions:"The Fifteen Minute Hour offers a useful technology in a concise little package; it can be read in a few hours, and the payoff for the time investment is substantial." — JAMA

I am an FNP - family practice. This is a compact book with an amazing amount of material. It is user friendly aimed toward family practice, easy to read and simple to put into practice immediately. EVERY primary care provider should read this book to streamline care, develop strategies for difficult cases and impact patients on a personal level with professional standards and complete care!! I highly recommend this book!

Great resource for Primary Care Providers!

Very good read. Packed with useful information. I really enjoyed this book.

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