



Health

By Sujata Iyengar, Allison K. Lenhardt

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Is health merely the absence of sickness, or is it a positive quality in its own right? If health exists on its own, how would you describe it? Is it the act of caring for ourselves and others, or does health mean the process of curing or treating disease? Is happiness a part of being healthy? The essays and excerpts in this text will take you through different ways of understanding your own health, the health of a nation, and the health of those who are dear to you. Part of the Fountainhead Press V Series.

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