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Five steps to mental wellbeing - stress, anxiety

There is more to life satisfaction than avoiding mental health but a useful description is feeling good and functioning well For your own well being you do

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Abstract - presentation the development of a

The development of a multi-dimensional theoretical model of the foundations of mental well-being in later life the outcomes of mental health Mima Cattan 125B

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Mima Cattan is Reader in Health Promotion, Healthy Ageing and Co-Director of the Centre for Health Promotion Research, Leeds Metropolitan University, UK. Her PhD

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