



# Emotion, Inhibition and Health

*Harald C. Traue, James W. Pennebaker*

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In this health psychology text, a variety of practical approaches for investigating the complex links among emotion, inhibition and health are presented and criticized. The treatment is both conceptual and very clinical, with direct application to a number of important medical disorders. Rather than conclude that one specific method can be used to understand all psychosomatic disorders, the authors present and analyze a number of creative approaches that are especially sensitive to specific clinical problems which may result from inhibited emotional behaviour. The book is intended for clinicians working with patients who have difficulties in this area, as well as researchers in psychology and medicine who are working on a daily basis to further improve our understanding of the relationship between emotion and health. The first part of the book presents and critically analyzes various schools of thought relating to emotion, communication, and processes in the brain. The second half presents clinical chapters in which specific health problems are analyzed in the context of the interaction between emotions and health.

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