

# HEFR 342: Resources to health and well-being

## CORE READING

### Assets

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### Salutogenesis

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### Resilience

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Rutter, M. (2001). Psychosocial adversity: Risk, resilience and recovery. In J. M. Richman & M.W. Fraser (Eds.), *The Context of Youth Violence: Resilience, Risk and Protection* (pp. 13-43). Westport, CT: Praeger. (**Litteraturkiosken**)

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Ungar, M. (2015). Practitioner review: diagnosing childhood resilience-a systemic approach to the diagnosis of adaptation in adverse social and physical ecologies. *Journal of Child Psychology and Psychiatry*, 56(1), 4-17.

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### **Socio-Cultural understandings of health**

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### **Positive psychology**

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## SUGGESTED READING

### ***Health Assets***

Bull, T., Mittelmark, M. B. and Kanyeka, N. E. (2013). Assets for wellbeing for women living in deep poverty: through a salutogenic looking glass. *Critical Public Health*, 23(2), 160-173.

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### ***Salutogenesis***

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### ***Socio-Cultural Understandings of Health***

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