



# Fundamentals of Psychoneuroimmunology

*Cai Song, Brian E. Leonard*

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## **Fundamentals of Psychoneuroimmunology** Cai Song, Brian E. Leonard

Fundamentals of Psychoneuroimmunology Cai Song University of British Columbia, Vancouver, Canada, and Brian E. Leonard National University of Ireland, Galway, Ireland The long-held concept that the nervous, endocrine and immune systems are separate entities has given way to a new understanding of human biology. Psychoneuroimmunology addresses the realisation that the neural, immune, and endocrine systems are inextricably linked and that the effects of each affect all-the systems work together as a complicated set of triggers and balances, an intertwining of the physiological and emotional states. Beginning with the fundamentals of immune and neuroendocrine function, Fundamentals of Psychoneuroimmunology explores the complexities of behavioural assessment, the basic types of immunity, the importance of immune cell redistribution in the response to challenges such as infection and stress, and the multifaceted roles of nerves, hormones and cytokines. This text provides a sound introduction to the field and also serves as a valuable reference to those more familiar with the subject. Fundamentals of Psychoneuroimmunology:

- \* Is the first book to cover this rapidly growing speciality comprehensively
- \* Provides a sound biological basis to the discipline
- \* Covers topics from the biology of immune and neuroendocrine function to the future of psychoneuroimmunology

This volume, by the author of the acclaimed Fundamentals of Psychopharmacology, will be an essential reference for psychiatrists, neurologists, neuroimmunologists, neuroendocrinologists and psychologists, and will, it is hoped, stimulate further exploration into this exciting area of research.

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