



## Emotion, Disclosure, and Health

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Investigators have verified that talking or writing about traumatic events can alleviate distress, improve immune function, and lead to a healthier experience of life. But the links among trauma, emotional expression and health have been difficult to study. In this study influential researchers in psychology and anthropology present a cross-disciplinary and cross-cultural examination of the disclosure-health relationship. Why does translating upsetting events into words promote mental and physical health? How can our understanding of this process lead to clinically useful and cost-effective applications? This volume addresses these and other questions, as it illuminates the path from secrecy to psychopathology.

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