

# Prevention Diaries

THE PRACTICE  
AND PURSUIT OF  
HEALTH FOR ALL

Larry Cohen

# Prevention Diaries: The Practice and Pursuit of Health for All

By Larry Cohen, Oxford University Press

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*Prevention Diaries* reveals the unexpected (yet foreseeable) parts of daily life that shape our health. Health happens in our communities and homes, not just at the doctor's office, and many illnesses and injuries can be prevented through commonsense solutions—which will save lives and reduce burden on families, communities, and taxpayers.

*Prevention Diaries* is essential reading for anyone new to—but interested in improving—health and community; an academic tool for emerging health leaders; and a guide for practitioners to work towards broader solutions that connect health and equity. As healthcare in the U.S. continues to change rapidly, this book outlines why prevention is the solution to so many of our challenges.



**Larry Cohen**, founder and executive director of Prevention Institute, is one of the nation's leaders in developing practical prevention strategies for communities for communities to maximize health and equity.

Updates and materials, including discussion questions for classes and bookclubs, available soon at [www.preventiondiaries.com](http://www.preventiondiaries.com)