



# Studies in Empowerment: Steps Toward Understanding and Action

*Robert E Hess*

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## **Studies in Empowerment: Steps Toward Understanding and Action** Robert E Hess

This adaptable book offers diverse applications of the empowerment model to the promotion of mental health and the prevention of mental illness. Topics span the developmental trends of empowerment as an individual achievement, a community experience, and a professional aim in relation to social intervention strategies and tactics.

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