

of national dominance of the Oradea team. At the end of the volume, the authors trace through photo images the history of the Oradea water polo teams having played in the first division. In this way, the book allows the reader to learn about this wonderful world of water polo in Oradea, opening a comprehensive view and offering a useful tool that meets the requirements of specialists as well as those of lovers of this sport, who wish to keep informed. The book is one of the few in the Romanian literature that succeeds in presenting a history segment of a sport in an almost exhaustive manner.

The presentation of a book can refer to many aspects. Even if our approach was not an extensive one, we believe that we provided enough arguments to arouse the interest of potential readers.

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### **Cum să ne menținem sănătoși, indiferent de vârstă**

(How to stay healthy, regardless of age)

Author: *Liana Monica Deac*

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271 pages



Doctor Liana Monica Deac is an Associate Professor at the Faculty of Biology and Geology of UBB Cluj. She has many papers published in Romania and abroad, she has attended training courses, she is a member of 11 professional associations, she has published 7 medical books and a course of Microbiology for students, and she has participated with papers as an invited speaker in a number of congresses.

This is a remarkable book because it refers to the entire spectrum of health issues. As a researcher in the field of stress, I was pleasantly impressed by the way in which the author summarized in only 6 pages the problems of the complex relations between stress and health. The book is structured in the following 12 chapters: Definierea noțiunii de sănătate (Definition of the concept of health), Comportamentele cu risc (Risk behaviors), Alimentația, nutriția și dieta (Food, nutrition and diet),

Comportamentul sexual normal și pathologic (Normal and pathological sexual behavior), Rolul activității fizice în menținerea sănătății noastre (The role of physical exercise in the maintenance of our health), Locuința, ca factor de menținere a sănătății (The living place as a health maintenance factor), Vestimentația și igiena individuală (Clothing and individual hygiene), Somnul ca efect asupra sănătății (The effect of sleep on health), Gândirea pozitivă și viața sănătoasă (Positive thinking and a healthy lifestyle), Familia sănătoasă (A healthy family), Educația pentru sănătate (Health education), Asigurarea cu servicii de sănătate (Health care service provision).

Here I reproduce the conclusions of the book (edited on the last cover). "Health is an ideal, as well as a fundamental requirement of life; consequently, it is a concern for each of us as it has an individual nature. All health dimensions are influenced by several factors that can be grouped into health care system factors, environmental factors, genetic factors and lifestyle factors, which interact in the maintenance of the population's health".

I congratulate the author on this book and I wish her new professional achievements materializing in new volumes.

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