



The Texture of Life: Occupations and Related Activities

Jim Hinojosa, Marie-Louise Blount

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Engaging clients in occupation and activities to promote health and well-being is a fundamental principle of occupational therapy. The fourth edition of *The Texture of Life* clearly defines the importance of occupation and describes the relationship between occupations and their related activities. This text describes occupational therapy's foundation in occupations and activities through in-depth exploration of topics such as theoretical perspectives; activity analysis; clinical reasoning; leisure, work, self-care, and care of others; spirituality; and empowerment.

Aligned with the *Occupational Therapy Practice Framework* and the *International Classification of Functioning, Disability and Health*, this text updates ideas that are foundational to the occupational therapy profession and that support clinical reasoning and practice. Chapters reflect a major change in the profession, as occupational therapy practitioners have begun endorsing the term *occupation* and using the terms *activities* and *purposeful activities* less frequently.

Throughout the work, case examples and exercises challenge students and experienced practitioners alike to think through the clinical reasoning process as they are guided through examples of occupation-based interventions, helping them transfer new knowledge into actual practice.

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