

# Preface

This book is the first single volume that brings together the topics of serious games, alternative realities, and play therapy. The focus is on the use of digital media for the therapeutic benefit and well-being of a wide range of people—spanning those with special needs to the elderly to entire urban neighborhoods. The editors of this book believe it timely to bring together these topics to demonstrate the increasing trans/inter/multidisciplinary initiatives apparent today in science, medicine, and academic research—interdisciplinary initiative that are already profoundly impacting society.

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Technologies of Inclusive Well-Being

Serious Games, Alternative Realities, and Play Therapy

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