

## Book review

### *Cross-border Perspectives and Interdisciplinary Approaches to Life Quality*

Edited by

Gina Aurora NECULA, Carmelia Mariana DRAGOMIR BĂLĂNICĂ,  
and Alexandra Monica TOMA

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Mirela Gabriela BRATU

“Dunarea de Jos” University of Galati

The volume *Cross-border Perspectives and Interdisciplinary Approaches to Life Quality*, edited by Gina Aurora Necula, Carmelia Mariana Dragomir Bălănică, and Alexandra Monica Toma, was published in 2022 and presents a comprehensive exploration into the multiple dimensions of life quality through the lens of interdisciplinary research. The volume covers insights drawn from various academic disciplines, thus contributing to understanding life quality in the context of cross-border dynamics.

The interdisciplinary and cross-border nature of this volume constitutes a surprisingly fresh approach to an otherwise widely debated topic, the blend of perspectives leading to a nuanced and integrated exploration of the many dimensions of life quality: communication, language, environmental quality, food standards and nutrition, urbanization, nutrition, healthcare, education, economic circumstances, security. Notably, many of the chapters of the book focus on well-being in Romanian and the Republic of Moldova, which mirrors the specific profile of their academic background and constitutes an important turning point for cooperation in research. The authors present diverse factors ranging from socioeconomic indicators and environmental variables to the sociolinguistic and cultural aspects. Through comprehensive analysis, the volume pursues to expose the complexity of life quality, proving the interconnectedness of various domains in shaping human well-being. By synthesizing visions from diverse disciplinary perspectives, the volume succeeds in creating a mosaic image of south-eastern Europe's challenges and setbacks in an increasingly globalized world, while also identifying solutions and formulating proposals for improvement.

The anthology opens with Gina-Aurora Necula and Alexandra-Monica Toma's profound inquiry into *Building a Nonviolent Identity while Surrounded by Icons of Violence*. The authors navigate the terrain of identity formation amidst pervasive narratives of violence, setting a contemplative tone for the subsequent discussions.

Carmelia Mariana Dragomir Bălănică's examination of *Ecotourism, as a Step Forward Towards New Standards in Environment Protection* offers a forward-thinking perspective on sustainable development, emphasising the essential role of ecotourism in fostering environmental conservation alongside economic prosperity.

Delia Oprea contributes a significant discourse on *Quality of Life: Achievements and Expectations in Social Media Political Communication*, shedding light on the evolving dynamics of political communication in the digital era.

Veaceslav Manolachi and Victor Manolachi explore the branch of sports science with their analysis of *Factors Determining the Composition of Means and Methods of Strength Training of*

*Athletes Specializing in Sports Wrestling*, providing observations for optimizing athletes' performance and well-being.

Dimitrie Stoica and Maricica Stoica address the pressing issue of *Food Waste and Its Impact on the Future of Mankind*, advocating for concerted efforts to mitigate food waste and its far-reaching consequences.

Gheorghe Braniște, Dumitru Prodan and Viorel Dorgan's exploration of *Exercises for Improving the Life Quality of People with Disabilities* underscores the importance of inclusive fitness programs in enhancing the physical and emotional well-being of disabled individuals.

Georgiana Ciobotaru's contribution on *Intercultural Communication Competence and Its Implications on the Integration of Foreign Students* offers a poignant examination of the pivotal role of intercultural communication in fostering the integration of foreign students.

Alexandra-Monica Toma offers a nuanced analysis of *The Pragmatics of Facebook Interactions in Romania and the Republic of Moldova*, shedding light on the intricacies of social media interactions and their implications for societal well-being.

Geanina Podaru's contribution on *Materials for a Better Life - Trends and Perspectives* introduces information about material resources and their impact on life quality, while Ramona Mariana Călinică's examination of *GDP and Inflation - Macroeconomic Indicators That May Reflect an Improved Economic Well-Being* offers a macroeconomic perspective on societal progress.

Mihai Drăniceru's discourse on *International Legal Standards for the Protection of Government Officials During the Performance of Their Duties* underscores the importance of legal frameworks in safeguarding the rights and security of public servants.

Alina-Mihaela Ceoromila delves into the suitability of life quality indicators in *Progress and Suitability of Life Quality Indicators in Imagistic Analysis*, posing innovative methodologies for assessing human well-being.

Andrei Nastas explores *The Criminal Policy in the Republic of Moldova in the Attempt to Increase the Quality of Life*, highlighting the intricate nexus between criminal justice policies and societal well-being.

Daniela Eugenia Lupașcu's examination of *Learning Foreign Languages as a Social Practice* emphasises the role of language acquisition in fostering social integration and cultural exchange.

Ciprian-Mugurel Enache offers a comparative analysis of communication services evolution, providing valuable insights into the transformative impact of communication technologies on societal well-being.

Alina Ionela Preda's inquiry into *Well-being for Migrants: Linguistic and Cultural Aspects to Improve Emotional Intelligence* underscores the importance of linguistic and cultural competence in promoting the emotional well-being of migrants.

The volume *Cross-border Perspectives and Interdisciplinary Approaches of Life Quality* stands as a seminal opus within scholarly discourse, transcending traditional disciplinary confines to offer a comprehensive understanding of life quality in the context of an increasingly interconnected and globalised world.