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# Foreword

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# Foreword

## Volume 1

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Welcome to the second volume of *BU Well*!

*"The whole is greater than the sum of its parts."*

~Willard Gibbs

Throughout the arts and sciences there is a concept known as emergence. It describes how larger, more complex systems arise from the integration of smaller pieces. The result is a system or entity with characteristics that are very different from the smaller individual pieces. This is an apt description of this year's edition of *BU Well*.

The articles in the second volume of *BU Well* cover a multitude of topics including nutrition, mental health, genetics, access to healthcare, and personal wellness. Each of these pieces represents an important feature or understanding of how we can view or participate in our own health and wellness. This volume also speaks to the diversity and complexity of wellness. Each individual piece is an important element of our lives with each having different levels of impact at different times in our lives. The student authors have brought a diverse and unique perspective to health and wellness. The topics they focus on represent areas of interest and need for different populations. Taken collectively, they present the challenges and opportunities we face.

As you browse the contents of the journal and read through the articles, I would encourage you to reflect on how this compilation of information captures a body of work that represents an achievement greater than the sum of its individual parts. Congratulations to the authors and editors on a job well done!

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