This book is both a sequel to and expansion of Community Psychology, published in 1992. Serving as a textbook for courses on community psychology this work now includes material on inequality and health, since both are concerned with the way an individual's social setting and the systems with which they interact affect their problems and the solutions they devise.

Part 1 sets the scene by locating community psychology in its historical and contemporary context. In Part 2, disempowered groups and their physical and mental health are considered. Finally in Part 3 the application of community psychology is discussed, and the ways in which marginalised people can be helped by strengthening their communities highlighted.