Health Psychology



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With a conversational style that conveys the excitement, research base, and real-world applications of the field, Regan A. R. Gurung introduces readers to health psychology with an integrated cultural perspective. Starting with a description of the biological, psychological, and sociological factors that determine who we are, the book examines cultural differences in major health behaviors and health, achieving the commendable goal of being comprehensive yet extremely accessible.

作者介绍:

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