

Health Psychology



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This new and engaging text provides students with the latest research, theories, and skills to examine their health-related behaviors and attitudes. Emphasizing the biopsychosocial model, Health Psychology examines how biological, psychological, and social-cultural perspectives influence an individual's overall health, and guides students through common health psychology topics, such as the rehabilitation of the sick and injured, how emotions cause change in the body's biological system, the effects of stress on health, and much more. With its accessible writing style and numerous real-world examples, the text motivates students to make positive changes that are based on current health research.

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