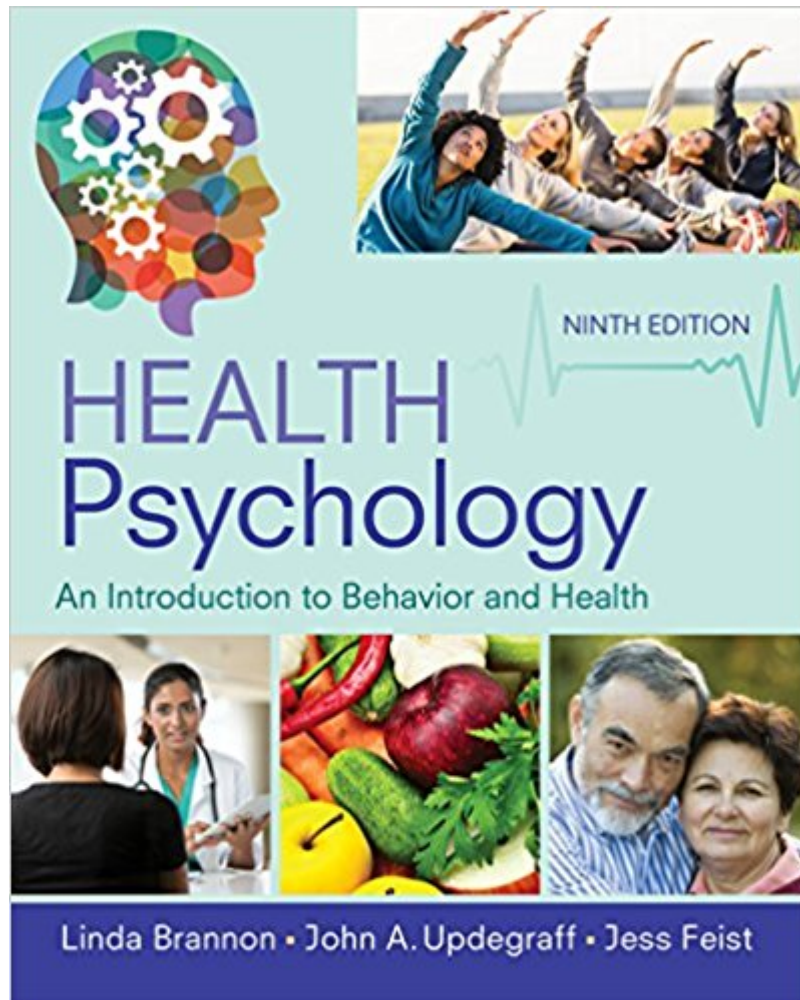




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Health Psychology: An Introduction To Behavior And Health



Synopsis

For over 20 years, HEALTH PSYCHOLOGY: AN INTRODUCTION TO BEHAVIOR AND HEALTH has remained a leader in the field for its scholarship, strong and current research base, and balanced coverage of the cognitive, behavioral, and biological approaches to health psychology. Accessible and appealing to a wide-range of students -- including non-majors -- this classic text features a concise writing style, ample pedagogy, and numerous visuals to support your learning and understanding. This edition is updated to reflect the latest developments in the field, and includes many new real-world examples selected for their interest and relevance.

Book Information

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Customer Reviews

Linda Brannon received her Ph.D. in human experimental psychology from the University of Texas at Austin. Dr. Brannon is a professor in the department of Psychology at McNeese State University in Lake Charles, Louisiana, where she has been teaching since receiving her doctorate. After becoming interested in the emerging field of health psychology, Brannon and co-author Jess Feist (late, of McNeese State University) co-authored the first edition of this text in the 1980s. They enjoyed expanding and developing the text along with the field for more than two decades. In addition to her work in health psychology, Dr. Brannon has authored a text on gender and is co-author of an introductory psychology text. John Updegraff is a professor of social and health psychology in the Department of Psychological Sciences at Kent State University. Dr. Updegraff received his Ph.D. in Social Psychology from UCLA, under the mentorship of pioneering health psychologist Shelley Taylor. Dr. Updegraff is an expert in health behavior, health communication,

stress, and coping, and is the recipient of multiple research grants from the National Institutes of Health. He is an acclaimed undergraduate instructor and his research appears in the field's top journals.

Excellent book. It gives an informative overview of most topics in health psychology and has interactive pieces throughout each chapter too! 's description of the product was accurate, and the book is in great condition. I wish, however, that the inside of the book was in color!! Topic summaries throughout each chapter are amazing.

Great shape. Served it's purpose

Very interesting material. I'm glad I took this course with this textbook. I may even buy it to keep after graduation.

Great E Book for my course! Saved alot of money by renting it online here.

Very helpful textbook. Break down information clearly for students to understand

Very informative

This was an easy read for my senior level college course.

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