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## Health Psychology for Everyday Life: A Bio-Psycho-Social Thinking Process (Paperback)

By Cheryl A MacDonald

Health Psychology Center, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Health Psychology for Everyday Life is non-fiction narrative that integrates psychological perspectives with cutting-edge work in preventive medicine, epidemiology, public health, genetics, nursing, and the social sciences featuring succinct, accessible chapters on critical concepts and contemporary issues. Dr. MacDonald, recognizes a new paradigm in health care—the emergence of a new type of treatment that integrates individual health and community health. The author examines the emotional dynamics of health and illness by fusing vibrant bio-psycho-social theory with accurate empirical research written in a language for all to understand. The chapters urge readers to recognize the major topics that partner with the prevention of disease and presents strategies that help educate and advance readers and health professions to practice the suggested techniques in their everyday life. What emotional and environmental powers have an influence on well-being? How does a behavior contribute to wellness or disease? How does culture relate to physical and emotional health? Successful outcomes require a civilization who can answer all these questions and employ treatment approaches that cultivate health. This is the dramatic account of...



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