



# Health Psychology: An Introduction to Behavior and Health

*Linda Brannon, Jess Feist*

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## **Health Psychology: An Introduction to Behavior and Health** Linda Brannon, Jess Feist

A balanced introduction to the subject that uses a systems approach in examining the mechanisms of health and the clinical factors of the disease process, tying these together with the behavioural factors (the psychology of health). The text examines the specific, critical areas of the field including stress, pain, behavioural factors in cardiovascular disease and cancer, and the management of those factors. There is also emphasis on personal control and health that include such public health concerns as smoking, excessive consumption of alcohol, and eating disorders. This book should be of interest to degree and diploma students taking courses in health psychology; also of interest to students in departments of health, physical education and nursing.

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