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/ Robert M. Kaplan.

Sommario/riassunto

Foundations of Health Psychology brings together top experts to provide a much-needed conceptual base for this rapidly expanding field. Rather than take a medical model approach, the volume examines health psychology from a theoretical, conceptual, and psychological perspective. After presenting an overview of the field's history and methods, the contributors address major concepts of the biopsychosocial approach to health and then discuss applications to health promotion and effective treatment and prevention.