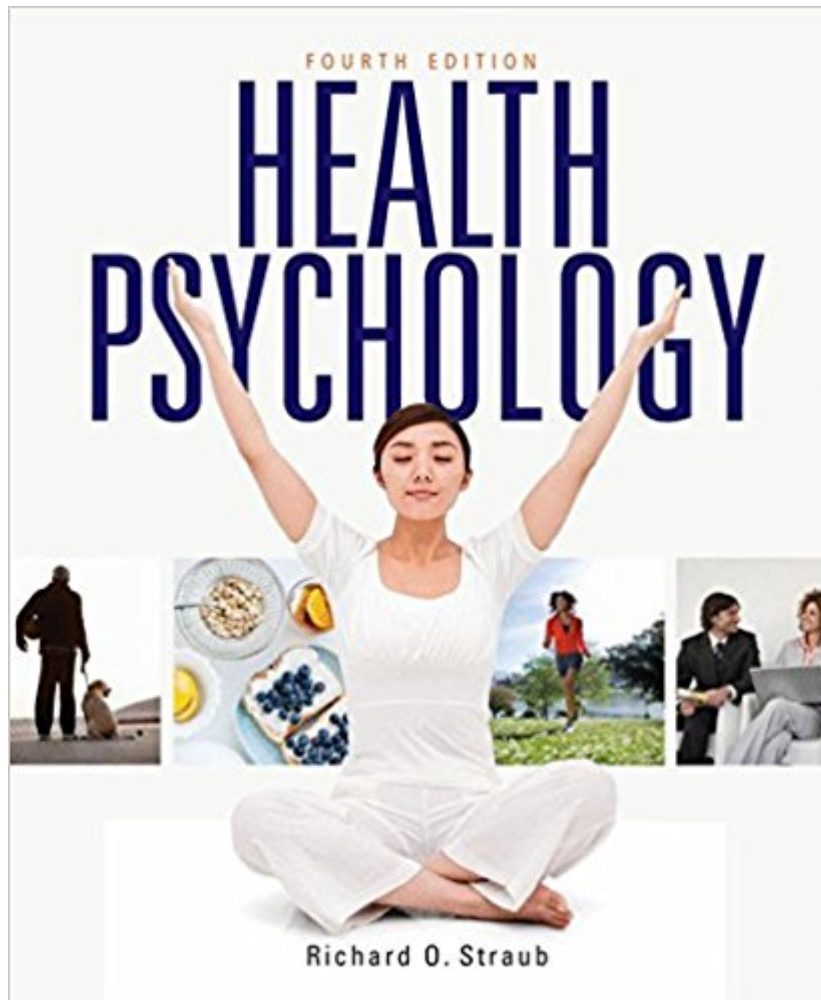




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Health Psychology: A Biopsychosocial Approach



Synopsis

Rick Straub's focus on the biopsychosocial model, gender/lifespan/culture perspectives, and real world applications makes Health Psychology a riveting and culturally-enriched educational experience for students. This redesigned new edition has been carefully and extensively updated, enhanced by Straub's meticulous revision process and feedback from instructors and students. With more emphasis on positive health, the new edition examines information from biological, psychological, and social aspects of health offering students a balanced perspective that can help inform their future health decisions in real life. •

Book Information

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Customer Reviews

Richard O. Straub is Professor of Psychology and founder of the Graduate Program in Health Psychology at the University of Michigan, Dearborn. After receiving his Ph.D. in experimental psychology from Columbia University and serving as a National Institute of Mental Health Fellow at the University of California, Irvine, Straub joined the University of Michigan faculty in 1979. Since then, he has focused on research in health psychology, especially mind-body issues in stress, cardiovascular reactivity, and the effects of exercise on physical and psychological health. Straub's research has been published in such journals as Health Psychology, the Journal of Applied Social Psychology, and the Journal of the Experimental Analysis of Behavior. A recipient of the University of Michigan's Distinguished Teaching Award and the Alumni Society's Faculty Member of the Year Award, Straub is extensively involved in undergraduate and graduate medical education. In addition

to serving on the Board of Directors of the Southeast Michigan Consortium for Medical Education and lecturing regularly at area teaching hospitals, Straub has created an online learning management system for medical residency programs and authored a series of web-based modules for teaching core competencies in behavioral medicine. Straub's interest in enhancing student learning is further reflected in the study guides, instructor's manuals, and critical thinking materials he has developed to accompany several leading psychology texts. Straub's professional devotion to health psychology dovetails with his personal devotion to fitness and good health. He has completed hundreds of road races and marathons (including multiple Boston marathons, Ironman triathlons, and the 2009 Ironman-Hawaii World Championship), and is a nationally-ranked, USAT All-American triathlete. With this text Straub combines his teaching vocation with a true passion for health psychology."

A required text for a college course. The quality was not too bad, although I do not like highlighted text. But the content was beyond dull. This was not the manufacturer's fault, instead the author's for a dull layout.

I selected this book to use for instructing an upper-level undergraduate course. It has a good level of content, and the instructor resources on the publisher's website are very helpful.

Awesome book!

Item arrived as described. Nice job

Text required for a class and was well organized

This book was an asset to my studies! Thank you !

Textbook

Great

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