



Health Psychology: A Textbook

By Jane Ogden

OPEN UNIVERSITY PRESS, United Kingdom, 2012. Paperback. Book Condition: New. 5th Revised edition. 260 x 190 mm. Language: English . Brand New Book. Jane Ogden s Health Psychology is a smart and readable textbook that should appeal to both instructors and students of health psychology. Its overall structure is intuitively appealing and progresses from health beliefs to factors associated with becoming ill to the actual state of being ill. New to this edition is a wonderful chapter on the demographics of health and health behaviours. Using a number of striking graphs, Ogden highlights the disparities in health by geography, social class, and gender. The book s greatest appeal, however, is its focus on the major ideas in health psychology. The reader is not bombarded with subtleties of dozens of studies; rather the broader theories are emphasized. Whether you come to health psychology with a background in social, clinical, physiological, or other specialization, you will find this to be a compelling book. James W. Pennebaker, Regents Centennial Professor of Psychology, University of Texas at Austin, USA This 5th edition of Health Psychology represents an even more attractive book than the previous editions. The new figures and images illustrate the text and...



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