



Health Psychology

Shelley Taylor

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Since the first edition was published in 1986, this text has helped thousands of college students learn how to maintain their health and guard against illness. The goal of *Health Psychology* has always been to make research accessible in a way that integrates theory with practical applications so that people can lead healthier lives. The importance of social relationships, health behaviors, and co-management of health and illness are themes that are woven throughout the text.

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