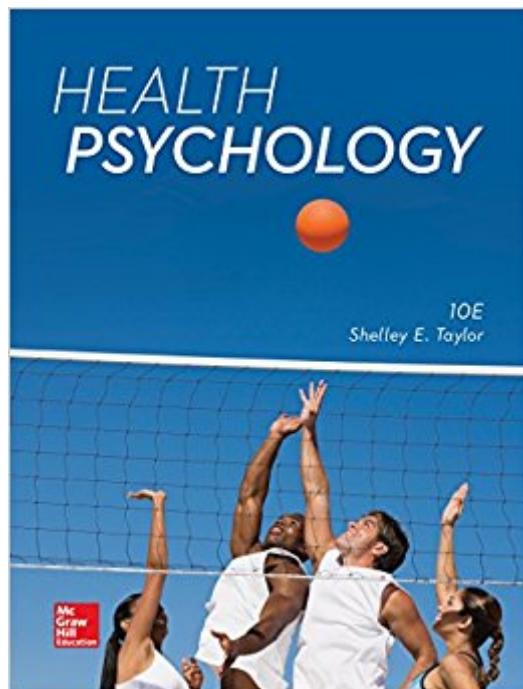


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# Health Psychology (B&B Psychology)



## Synopsis

Since the first edition was published in 1986, Health Psychology has helped thousands of college students learn how to maintain their health and guard against illness. The goal of this book 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. The Connect course for this offering includes SmartBook, an adaptive reading and study experience which guides students to master, recall, and apply key concepts while providing automatically-graded assessments. The Digital Connect Suite effectively engages students in the course so they are better prepared for class, more active in discussion, and achieve better results. Its innovative and adaptive technology addresses a wide variety of student and instructor needs with a rich database of assignable and assessable activities, each attached to learning objectives. Connect, part of the Connect suite, is a web-based assignment and assessment platform that features a number of powerful tools that make managing assignments easier for instructors and learning and studying more engaging and efficient for students. As part of the Connect Suite, InsightTM puts real-time analytics in your hands so you can take action early and keep struggling students from falling behind. Designed for your tablet or desktop computer, Insight is a series of visual displays providing at-a-glance information regarding how your section, students, and assignments are doing. As part of the Connect Suite, SmartBook is the first and only adaptive reading and learning experience that changes the way students read. It creates a personalized, interactive reading environment like no other by highlighting important concepts, while helping students identify their strengths and weaknesses. This ensures that he or she is focused on the content needed to close specific knowledge gaps, while it simultaneously promotes long term learning. As part of the Connect Suite, LearnSmart is an adaptive learning program designed to help students learn faster, study smarter, and retain more knowledge for greater success. Millions of students have answered billions of questions in LearnSmart, making it the most widely used tool that is proven to strengthen memory recall, retain student attendance, and boost grades.

## Book Information

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## Customer Reviews

Shelley E. Taylor is professor of psychology at the University of California, Los Angeles. She received her Ph.D. in social psychology from Yale University. Her research interests are in health psychology, especially the factors that promote long-term psychological adjustment, and in social cognition. In the former capacity, she is the co-director of the Health Psychology program at UCLA. Professor Taylor is the recipient of a number of awards—most notably, the American Psychological Association's Distinguished Scientific Contribution to Psychology Award, a 10-year Research Scientist Development Award from the National Institute of Mental Health, and an Outstanding Scientific Contribution Award in Health Psychology. She is the author of more than 200 publications in journals and books and is the author of *Social Cognition and Positive Illusions*.

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