



The Oxford Handbook of Health Psychology (Oxford Library of Psychology)

Howard S. Friedman

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The flaws in today's healthcare systems and practices are well-documented: millions remain far from optimal health due to a variety of psychological and social factors; large numbers of patients do not fully cooperate with medical advice; errors in medical decision-making -- some stemming from flaws in interpersonal relations -- regularly lead to needless suffering and death. Further, the effects of emotions, personality, and motivation on healing are not well incorporated into traditional medical care.

The Oxford Handbook of Health Psychology compiles the most relevant scholarship from psychology, medicine, and public health to offer a thorough and authoritative model of the biopsychosocial approach to health. A collection of international contributors addresses all relevant concepts in this model, including its applications to health promotion, health behavior change, and treatment.

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