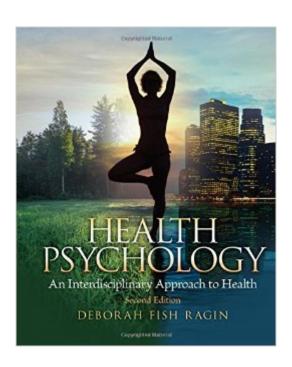
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A truly interdisciplinary approach to the study of health, Health Psychology: An Interdisciplinary Approach uses the social ecological perspective to explore the impact of five systems on individual health outcomes: individual, culture/family, social/physical environment, health systems and health policy. In order to provide readers with an understanding of how health affects the individual on a mental and emotional level, the author has taken an interdisciplinary approach, considering the roles of anthropology, biology, economics, environmental studies, medicine, public health, and sociology.

Book Information

Hardcover: 512 pages

Publisher: Routledge; 2 edition (December 27, 2013)

Language: English

ISBN-10: 0205962955

ISBN-13: 978-0205962952

Product Dimensions: 7.4 x 0.9 x 9.2 inches

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