



Health Psychology for Everyday Life: A bio-psycho-social thinking approach

Cheryl Ann MacDonald Psy.D.

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Health Psychology for Everyday Life is non-fiction narrative that integrates psychological perspectives with cutting-edge work in preventive medicine, epidemiology, public health, genetics, nursing, and the social sciences featuring succinct, accessible chapters on critical concepts and contemporary issues. Dr. MacDonald, recognizes a new paradigm in health care—the emergence of a new type of treatment that integrates individual health and community health. The author examines the emotional dynamics of health and illness by fusing vibrant bio-psycho-social theory with accurate empirical research written in a language for all to understand. The chapters urge readers to recognize the major topics that partner with the prevention of disease and presents strategies that help educate and advance readers and health professions to practice the suggested techniques in their everyday life. What emotional and environmental powers have an influence on well-being? How does a behavior contribute to wellness or disease? How does culture relate to physical and emotional health? Successful outcomes require a civilization who can answer all these questions and employ treatment approaches that cultivate health. This is the dramatic account of particular health related circumstances and conditions that we all encounter in life. Health Psychology for Everyday Life is the astonishing account of societies struggles to live in the face of adversity. It is also a heartwarming and inspirational guide to embracing life's challenges with principles related to your culture, your biology and your psychological resilience. This author recognizes the need for implementing a different standard for providing health care, the emergence of a unique type of treatment that is positive in nature, integrating individual fitness and community well-being by implementing health psychology principles.

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