

Health Psychology 8th Edition Shelley Taylor

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A History of Modern Psychology - Duane Schultz 2013-10-02

A History of Modern Psychology, 3rd Edition discusses the development and decline of schools of thought in modern psychology. The book presents the continuing refinement of the tools, techniques, and methods of psychology in order to achieve increased precision and objectivity. Chapters focus on relevant topics such as the role of history in understanding the diversity and divisiveness of contemporary psychology; the impact of physics on the cognitive revolution and humanistic psychology; the influence of mechanism on Descartes's thinking; and the evolution of the third force, humanistic psychology. Undergraduate students of psychology and related fields will find the book invaluable in their pursuit of knowledge.

Health Psychology - Jane Ogden 2004

This text has made a major contribution to the teaching and study of this still rapidly expanding discipline. This substantial revision continues to provide the most accessible and comprehensive guide to the field. Many new features have been incorporated into this edition to aid students and teachers even further, including: Additional chapters on stress Psychoneuroimmunology (PNI) section expanded and improved Increased biological coverage New chapter on eating behavior New coverage of problems with social cognition models New section on consequences of CHD and rehabilitation of patients Completely new text design Online Learning Center for students and lecturers This is essential reading for all students and researchers of health psychology and for students of medicine, nursing, and allied health courses.

Work in the 21st Century - Landy 2013-03-04

Positive Psychology in Practice - P. Alex Linley 2012-06-27

A thorough and up-to-date guide to putting positive psychology into practice From the Foreword: "This volume is the cutting edge of positive psychology and the emblem of its future." -Martin E. P. Seligman, Ph.D., Fox Leadership Professor of Psychology, University of Pennsylvania, and author of Authentic Happiness Positive psychology is an exciting new orientation in the field, going beyond psychology's traditional focus on illness and pathology to look at areas like well-being and fulfillment. While the larger question of optimal human functioning is hardly new - Aristotle addressed it in his treatises on eudaimonia - positive psychology offers a common language on this subject to professionals working in a variety of subdisciplines and practices. Applicable in many settings and relevant for individuals, groups, organizations, communities, and societies, positive psychology is a genuinely integrative approach to professional practice. Positive Psychology in Practice fills the need for a broad, comprehensive, and state-of-the-art reference for this burgeoning new perspective. Cutting across traditional lines of thinking in psychology, this resource bridges theory, research, and applications to offer valuable information to a wide range of professionals and students in the social and behavioral sciences. A group of major international contributors covers: The applied positive psychology perspective Historical and philosophical foundations Values and choices in pursuit of the good life Lifestyle practices for health and well-being Methods and processes for teaching and learning Positive psychology at work The best and most thorough treatment of this cutting-edge discipline, Positive Psychology in Practice is an essential resource for understanding this important new theory and applying its principles to all areas of professional practice.

Discovering the Lifespan - Robert Stephen Feldman 2016-04-01

NOTE: Before purchasing, check with your instructor to ensure you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, and registrations are not transferable. To register for and use Pearson's MyLab & Mastering products, you may also need a Course ID, which your instructor will provide. Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for Pearson's MyLab & Mastering products may not be included,

may be incorrect, or may be previously redeemed. Check with the seller before completing your purchase. Discovering the Lifespan provides a broad overview of the field of human development and features a strong balance of research and application. In a unique departure from traditional lifespan development texts, each chapter is divided into three modules, and in turn, each module is divided into several smaller sections. Consequently, students encounter material in smaller, more manageable chunks that optimize learning.

Measuring the Effects of Racism - Robert T. Carter 2020-07-21

A large body of research has established a causal relationship between experiences of racial discrimination and adverse effects on mental and physical health. In Measuring the Effects of Racism, Robert T. Carter and Alex L. Pieterse offer a manual for mental health professionals on how to understand, assess, and treat the effects of racism as a psychological injury. Carter and Pieterse provide guidance on how to recognize the psychological effects of racism and racial discrimination. They propose an approach to understanding racism that connects particular experiences and incidents with a person's individual psychological and emotional response. They detail how to evaluate the specific effects of race-based encounters that produce psychological distress and possibly impairment or trauma. Carter and Pieterse outline therapeutic interventions for use with individuals and groups who have experienced racial trauma, and they draw attention to the importance of racial awareness for practitioners. The book features a racial-trauma assessment toolkit, including a race-based traumatic-stress symptoms scale and interview schedule. Useful for both scholars and practitioners, including social workers, educators, and counselors, Measuring the Effects of Racism offers a new framework of race-based traumatic stress that helps legitimize psychological reactions to experiences of racism.

Health Psychology - Richard O. Straub 2007

In its first edition, Richard Straub's text was acclaimed for its solid scientific approach, emphasis on critical thinking, real-world applications, exquisite anatomical art, and complete media/supplements package. The thoroughly updated new edition builds on those strengths to provide an even more effective introduction to the psychology behind why we get sick, how we stay well, how we react to illness, and how we relate to the health care system and health care providers.

Introduction to Health Psychology in Australia - Val Morrison 2012

"Introduction to Health Psychology in Australia 2nd edition provides comprehensive, up-to-date coverage of health psychology from an Australian and international perspective. The text covers all mainstream health psychology topics including risk behaviour, stress and illness, family life and public health. Health promotion is discussed throughout." -Back cover.

The Tending Instinct - Shelley E. Taylor 2003-05

Ranging widely over biology, evolutionary psychology, physiology, and neuroscience, "The Tending Instinct" examines the biological imperative that drives women to seek each other's company and to tend to the young and the infirm, bestowing great benefits to the group but often at great cost to themselves.

Journeys in Social Psychology - Robert Levine 2013-10-28

This volume consists of personal narrative accounts of the career journeys of some of the world's most eminent social psychologists. Each contributing psychologist is an esteemed scholar, an excellent writer, and has a story to tell. Together, the contributions cover a time range from Morton Deutsch to today, and touch upon virtually every important movement and person in the history of academic social psychology. This book provides a fascinating insight into the development of outstanding academic careers and will be a source of inspiration to seasoned researchers and beginning students alike, in the fields of social psychology, history of psychology, and beyond.

Health Psychology: An Introduction to Behavior and Health - Linda Brannon 2013-03-01

For over 20 years, HEALTH PSYCHOLOGY: AN INTRODUCTION TO

BEHAVIOR AND HEALTH has remained a leader in the field of health psychology for its scholarship, strong and current research base, and balanced coverage of the cognitive, behavioral, and biological approaches to health psychology. Accessible and appealing to a wide-range of readers, this classic book features a concise writing style, ample pedagogy, and numerous visuals to support your learning and understanding. The Eighth Edition is updated to reflect the latest developments in the field, and includes many new real-world examples selected for their interest and relevance. Available with InfoTrac Student Collections <http://goengage.com/infotrac>. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Frankenstein - Mary Shelley 2019-07-27

A monster assembled by a scientist from parts of dead bodies develops a mind of his own as he learns to loathe himself and hate his creator. Shelley's suspenseful and intellectually rich gothic tale confronts some of the most important and enduring themes in all of literature—the power of human imagination, the potential hubris of science, the gulf between appearance and essence, the effects of human cruelty, the desire for revenge and the need for forgiveness, and much more.

Writing the Research Paper - Anthony C. Winkler 2003-01-01

WRITING THE RESEARCH PAPER?now with access to InfoTrac College Edition?is an easily accessible research guide that can be used by students throughout their college career and beyond.

Our Voices - Elizabeth A. Rider 2000

Find your own voice! Highly engaging, well-researched, and balanced, this second edition takes a close look at current issues, theory, and research in the psychology of women. You will hear many voices in this text—from women of various racial and cultural backgrounds and social classes, from different sexual orientations, and voices that are young and old and also middle aged. You'll also explore multiple perspectives on issues, so you can draw your own conclusions about the information you're reading, and ultimately find your own voice.

Heuristics and Biases - Thomas Gilovich 2002-07-08

This book, first published in 2002, compiles psychologists' best attempts to answer important questions about intuitive judgment.

Evidence Based Practice in School Mental Health - James C Raines 2008-04-11

Though recent legislation embedded with the No Child Left Behind Act and the Individuals with Disabilities Improvement Act mandates the use of evidence in school-based practice to demonstrate positive outcomes for all students, school social workers - especially those long out of school - often lack the conceptual tools to locate, evaluate, and apply evidence in order to demonstrate the effectiveness of their work. The first of its kind tailored specifically to this audience, this SSAA Workshop title guides school professionals in infusing research throughout their daily practice. It shows school service providers a pragmatic approach to informing every major practice decision with the appropriate research so that students receive the best possible services. This includes how to use research to make reliable and valid assessments, how to use research to choose the best intervention, and how to do research to evaluate progress. Raines goes beyond creating a catalog of interventions that will soon be outdated and provides school social workers with a detailed road map of the EBP process. Chapters detail the nuts and bolts of EBP, explaining how to ask a relevant, answerable question; where to search for evidence; how to appraise the literature and avoid the pitfalls of web based information; how to adapt and apply the evidence in a developmentally and culturally sensitive way; and how to evaluate the results. Detailed examples along the way, including sample spreadsheets practitioners can easily adapt to evaluate their students' progress, bring accountability within reach for school professionals who struggle to find the time, resources, and support sufficient to apply the best evidence to their schools.

Living Mindfully Across the Lifespan - J. Kim Penberthy 2020-11-23

Living Mindfully Across the Lifespan: An Intergenerational Guide provides user-friendly, empirically supported information about and answers to some of the most frequently encountered questions and dilemmas of human living, interactions, and emotions. With a mix of empirical data, humor, and personal insight, each chapter introduces the reader to a significant topic or question, including self-worth, anxiety, depression, relationships, personal development, loss, and death. Along with exercises that clients and therapists can use in daily practice, chapters feature personal stories and case studies, interwoven throughout with the authors' unique intergenerational perspectives. Compassionate, engaging writing is balanced with a straightforward

presentation of research data and practical strategies to help address issues via psychological, behavioral, contemplative, and movement-oriented exercises. Readers will learn how to look deeply at themselves and society, and to apply what has been learned over decades of research and clinical experience to enrich their lives and the lives of others.

Psychology Applied to Modern Life - Wayne Weiten 2008-02

A textbook on the psychological issue of adjustment that encourages students to assess popular psychology resources. Emphasizes both theory and application in content areas such as modern life, personality, stress, coping, social influence, interpersonal communication, love, gender, development, careers, sexuality, health, disorders, and psychotherapy.

Philosophical Applications Of Cognitive Science - Alvin I. Goldman 2018-03-08

One of the most fruitful interdisciplinary boundaries in contemporary scholarship is that between philosophy and cognitive science. Now that solid empirical results about the activities of the human mind are available, it is no longer necessary for philosophers to practice armchair psychology. In this short, accessible, and entertaining book, Alvin Goldman presents a masterly survey of recent work in cognitive science that has particular relevance to philosophy. Besides providing a valuable review of the most suggestive work in cognitive and social psychology, Goldman demonstrates conclusively that the best work in philosophy in a surprising number of different fields, including philosophy of science, epistemology, metaphysics, and ethics as well as philosophy of mind, must take into account empirical breakthroughs in psychology. One of those rare texts that will also be useful for professionals, *Philosophical Applications of Cognitive Science* is appropriate for students in a wide range of philosophy courses. It will also interest researchers and students in psychology who are intrigued by the wider theoretical implications of their work.

Essentials of Social Psychology - Michael Hogg 2009-12-14

Essentials of Social Psychology provides a clear, concise and engaging introduction to the field. Covering all the major topics and theoretical perspectives, this exciting new book provides straightforward explanation of key terms and concepts in a lively and student-friendly manner. Debates and controversies are brought to life and the wider practical relevance of the subject is emphasised throughout. Pedagogical features that appear across the book include Research Classic sections which describe classic studies, Research Applications boxes that highlight more contemporary developments in social psychological research and their practical applications, Real World features that look at the everyday relevance of social psychology, and Literature, Film and TV features that demonstrate how social psychological concepts are dealt with in popular media. An international balance of research alerts students to the cross cultural dimensions of social psychology *Essentials of Social Psychology* is accompanied by MyPsychLab, an interactive online study resource designed to help students to consolidate and further their understanding. Together, the book and online support make this an ideal resource for those studying the subject for the first time, or as part of a more general programme of study.

Theories of Personality - Susan Cloninger 2018

Health Psychology - Linda Brannon 2000

Health psychology: an introduction to behavior and health.

Qualitative Research Methods for the Social Sciences: Pearson New International Edition - Bruce L. Berg 2013-08-28

Qualitative Research Methods - collection, organization, and analysis strategies This text shows novice researchers how to design, collect, and analyze qualitative data and then present their results to the scientific community. The book stresses the importance of ethics in research and taking the time to properly design and think through any research endeavor. Learning Goals Upon completing this book, readers should be able to: Effectively design, collect, organize, and analyze data and then to present results to the scientific community Use the Internet as both a resource and a means for accessing qualitative data Explore current issues in the world of researchers, which include a serious concern about ethical behavior and protocols in research and a more reflexive and sensitive role for the researcher Recognize the importance of ethical concerns before they actually begin the research collection, organization, and analytic process Understand basic elements associated with researcher reflexivity and research voice

Correctional Counseling and Rehabilitation - Patricia Van Voorhis 2016-05-12

Correctional Counseling and Rehabilitation, 9th ed., presents foundations of correctional intervention, including overviews of the major systems of therapeutic intervention, diagnosis of mental illness, and correctional assessment and classification. Now fully updated to reflect DSM-5, its detailed descriptions and cross-approach comparisons help students prepare for a career in correctional counseling and allow working professionals to better determine which techniques might be most useful in their particular setting. The content is divided into five parts: (1) A Professional Framework for Correctional Counseling; (2) Understanding the Special Challenges Faced by the Correctional Counselor in the Prison Setting; (3) Offender Assessment, Diagnosis, and Classification; (4) Contemporary Approaches to Correctional Counseling and Treatment, (5) Interventions for Special Populations, and (6) Putting It All Together. The book is appropriate for upper-level undergraduates and graduate students in Criminal Justice and Criminology, Psychology, and Social Work programs as well as correctional counseling practitioners.
Health Psychology - Shelley Taylor 2020-06-02

Community Health Nursing - Judith Ann Allender 2010

Now in its Seventh Edition, this comprehensive text provides unique coverage of vulnerable aggregate populations while using the levels of prevention approach. The book focuses on public health concerns including health promotion and protection, provides strong nursing application coverage, and addresses timely issues such as disaster nursing, urban clients, and clients with disabilities/chronic illness. This edition retains popular features such as "Stop and Think" boxes, levels of prevention displays, and Using the Nursing Process and includes new features such as Evidence: The Bridge to Practice, Healthy People 2020, Student Voices, and appendices of communicable diseases.

Industrial/organizational Psychology - Paul Edgar Levy 2017

Development Across the Life Span - Robert S. Feldman 2003

This detailed and readable book provides readers with a broad overview of the field of human development, covering the entire range of human life—from the moment of conception through death—and focusing on physical, cognitive, and social and personality development. It covers basic theories and research findings, as well as highlighting current applications outside the laboratory. A nine-part organization covers beginnings, infancy: forming the foundations of life, the preschool years, the middle childhood years, adolescence, early adulthood, middle adulthood, late adulthood, and endings. For individuals spanning the range of human existence—and trying to maximize its current content and inherent promise.

Relationships in Development - Stephen Seligman 2017-11-07

The recent explosion of new research about infants, parental care, and infant-parent relationships has shown conclusively that human relationships are central motivators and organizers in development. Relationships in Development examines the practical implications for dynamic psychotherapy with both adults and children, especially following trauma. Stephen Seligman offers engaging examples of infant-parent interactions as well as of psychotherapeutic process. He traces the place of childhood and child development in psychoanalysis from Freud onward, showing how different images about babies evolved and influenced analytic theory and practice. Relationships in Development offers a new integration of ideas that updates established psychoanalytic models in a new context: "Relational-developmental psychoanalysis." Seligman integrates four crucial domains: Infancy Research, including attachment theory and research Developmental Psychoanalysis Relational/intersubjective Psychoanalysis Classical Freudian, Kleinian, and Object Relations theories (including Winnicott). An array of specific sources are included: developmental neuroscience, attachment theory and research, studies of emotion, trauma and infant-parent interaction, and nonlinear dynamic systems theories. Although new psychoanalytic approaches are featured, the classical theories are not neglected, including the Freudian, Kleinian, Winnicottian, and Ego Psychology orientations. Seligman links current knowledge about early experiences and how they shape later development with the traditional psychoanalytic attention to the irrational, unconscious, turbulent, and unknowable aspects of the mind and human interaction. These different fields are taken together to offer an open and flexible approach to psychodynamic therapy with a variety of patients in different socioeconomic and cultural situations. Relationships in Development will appeal to psychoanalysts, psychoanalytic psychotherapists, and graduate students in psychology, social work, and psychotherapy. The fundamental issues and implications presented will also be of great

importance to the wider psychodynamic and psychotherapeutic communities.

Attachment-Based Yoga & Meditation for Trauma Recovery: Simple, Safe, and Effective Practices for Therapy - Deirdre Fay 2017-04-11

A practical but far-reaching look at a variety of mind-body techniques for working with trauma clients. This book offers an unprecedented, attachment-informed translation of yogic philosophy to body-based trauma treatment. The result is both erudite and accessible, emphasizing ready-to-implement skills and approaches that are as groundbreaking as they are effective. Organized around key trauma issues and symptoms, this book offers clinicians a practical but far-reaching look at mind-body skills and techniques for helping trauma clients access their individual wisdom, develop secure internal attachment, and find the path home to the Self.

Settings for Health Promotion - Blake D. Poland 2000

In this book the authors describe the theory and practice of health promotion in various programs including case studies. Outlined are health promotion programs in the following settings: Homes & families; schools; the workplace; health care institutions; clinical practice; the community; the State.

Gender - Linda Brannon 2016-12-19

Gender: Psychological Perspectives synthesizes the latest research on gender to help students think critically about the differences between research findings and stereotypes, provoking them to examine and revise their own preconceptions. The text examines the behavioral, biological, and social context in which women and men express gendered behaviors. The text's unique pedagogical program helps students understand the portrayal of gender in the media and the application of gender research in the real world. Headlines from the news open each chapter to engage the reader. Gendered Voices present true personal accounts of people's lives. According to the Media boxes highlight gender-related coverage in newspapers, magazines, books, TV, and movies, while According to the Research boxes offer the latest scientifically based research to help students analyze the accuracy and fairness of gender images presented in the media. Additionally, Considering Diversity sections emphasize the cross-cultural perspective of gender. This text is intended for undergraduate or graduate courses on the psychology of gender, psychology of sex, psychology of women or men, gender issues, sex roles, women in society, and women's or men's studies. It is also applicable to sociology and anthropology courses on diversity. Seventh Edition Highlights: 12 new headlines on topics ranging from gender and the Flynn effect to gender stereotyping that affects men Coverage of gender issues in aging adults and transgendered individuals Expanded coverage of diversity issues in the US and around the globe, including the latest research from China, Japan, and Europe More tables, figures, and photos to provide summaries of text in an easy-to-absorb format End-of-chapter summaries and glossary Suggested readings for further exploration of chapter topics Companion website at www.routledge.com/cw/Brannon containing both instructor and student resources

Health Psychology - Shelley E. Taylor 2020

"When I wrote the first edition of Health Psychology over 30 years ago, the task was much simpler than it is now. Health psychology was a new field and was relatively small. In recent decades, the field has grown steadily, and great research advances have been made. Chief among these developments has been the use and refinement of the biopsychosocial model: the study of health issues from the standpoint of biological, psychological, and social factors acting together. Increasingly, research has attempted to identify the biological pathways by which psychosocial factors such as stress may adversely affect health and potentially protective factors such as social support may buffer the impact of stress. My goal in the tenth edition of this text is to convey this increasing sophistication of the field in a manner that makes it accessible, comprehensible, and exciting to undergraduates"--

Advances in Experimental Social Psychology - Mark P. Zanna 2011-06-24

Advances in Experimental Social Psychology continues to be one of the most sought after and most often cited series in this field. Containing contributions of major empirical and theoretical interest, this series represents the best and the brightest in new research, theory, and practice in social psychology. This serial is part of the Social Sciences package on ScienceDirect. Visit info.sciencedirect.com for more information. Advances Experimental Social Psychology is available online on ScienceDirect - full-text online of volume 32 onward. Elsevier book series on ScienceDirect gives multiple users throughout an institution simultaneous online access to an important complement to primary

research. Digital delivery ensures users reliable, 24-hour access to the latest peer-reviewed content. The Elsevier book series are compiled and written by the most highly regarded authors in their fields and are selected from across the globe using Elsevier's extensive researcher network. For more information about the Elsevier Book Series on ScienceDirect Program, please visit: info.sciencedirect.com/bookseries/ One of the most sought after and most often cited series in this field Contains contributions of major empirical and theoretical interest This series represents the best and the brightest in new research, theory, and practice in social psychology

Social Psychology - Shelley E. Taylor 2006

For undergraduate courses in Social Psychology. Generations of college students have learned social psychology from this text it provides balanced, up-to-date, and accurate coverage of basic topics, research, and theories. Balancing cutting-edge findings and classic work in the field, the user-friendly Social Psychology shows how its methods and theories can be applied to everyday experiences and current social issues.

Health Psychology - Edward P. Sarafino 2016-12-22

Ed Sarafino and Timothy Smith draw from the research and theory of multiple disciplines in order to effectively demonstrate how psychology and health impact each other. The newly updated 9th Edition of Health Psychology: Biopsychosocial Interactions includes a broader picture of health psychology by presenting cross-cultural data. Furthermore, international examples are also included to further explore the psychologist's perspective of health issues around the world and highlight what works in the field. The psychological research cited in the text supports a variety of behavioral, physiological, cognitive, and social/personality viewpoints. An emphasis on lifespan development in health and illness is integrated throughout the text.

A Glossary of Literary Terms - Abrams M H 2004

Alphabetically arranged and followed by an index of terms at the end, this handy reference of literary terms is bound to be of invaluable assistance to any student of English literature.

The Haunting of Cabin Green - April Taylor 2018-04-25

Welcome to Cabin Green, where the setting is familiar, but the story is completely unexpected. This original, terrifying psychological thriller is the debut horror novel from the author of the Midnight Myths and Fairy Tales Series. Going to Cabin Green alone after the death of his fiancée was Ben's first mistake. His second mistake was tempting fate by saying, "There's no such thing as an evil building." Now he's caught in a nightmare of his own making deep in the woods of Northern Michigan. Even worse, a family history of mental illness makes it impossible for him to know if the ghosts haunting the cabin are real or all in his head. This modern Gothic horror story takes the reader directly into Ben's hellish experience. Is he crazy? Is a ghost haunting him? The only way to find out is to make it to the end of this deep, dark thrill ride that's filled with more twists than a roller coaster. This novel was inspired by a real-life, spooky green cabin in Northern Michigan that's so well-hidden it can't be found by GPS! Content Warning: This isn't a Saw-type torture story, but it does contain gore, sex, profanity, and deeply disturbing psychological themes. For mature readers only. Review for The Haunting of Cabin Green "This book will challenge its readers, and that is a good thing... You are taken on a nightmarish, uncomfortable journey and you soon realize you can't count on the standard rules of storytelling. The author is brave enough to push the envelope and leave you not even guessing the end!" - Goodreads Reviewer Reviews for the Author's Previous Work "Beautifully bewitching... it's a fast-paced, captivating tale, and the writing is exquisite." - Kindle Reviewer "This story is like a witch's spell drawing the reader in." - Kindle Reviewer "Very original... the ending

was completely surprising." - Kindle Reviewer "It really whets your appetite for more." - Kindle Reviewer "I felt immersed in the story!" - Kindle Reviewer "Well-written and immediately draws you into the story, with no lag in momentum." - Goodreads Reviewer Excerpt from The Haunting of Cabin Green: A Modern Gothic Horror Novel ...Unsure what the vast blanket of fog was hiding but certain he wanted to live, Ben's limbs stopped moving. 'This is crazy. I know I didn't hit anything.' Another part of his mind refuted this logic. 'Then why am I crawling in the middle of a highway?' As distasteful and terrifying as it was, he'd never be able to live with himself if he didn't uncover the identity of the object - 'not a person' - that had tripped him. Hesitation clawed at every fiber of his being, but he forced his way forward until his right hand brushed a raw, rough surface. He yanked his hand back like it was on fire before regaining control of his actions. 'I can do this.' Ben reached out again, and his fingertips came into tentative contact with the alien object. The moisture in the air hadn't seeped into its skin. His left fist covered his mouth to stop audible proof of his fear from escaping. At the same time, he increased the pressure of his right fingers in a bid to figure out what - or who - had gotten in his way. A crumbling sensation sent shock waves throughout his body. He managed to hold on long enough for a small sliver of something unknown to drop into his palm. Unable to keep his composure any longer, he darted back to the car, careful not to drop the evidence. He slammed the door shut and jammed the locks in place before turning to face the source of his inevitable doom. With his eyes squeezed shut, he uncurled his fist and put the object on display. His left eyelid lifted a fraction of an inch to test the waters before he dove in and allowed both eyes to confront the truth...

Health Psychology - Shelley Taylor 2011-06-13

The eighth edition of Health Psychology highlights health issues that face the college student and his or her family through both accessible research examples and profiles of interventions. Drawing on current, cutting-edge research, the text highlights health issues relevant to the college student's immediate and global environment such as coping with stress, maintaining physical health, and making decisions about alcohol and smoking. This edition contains clear descriptions of current research into the prevention, treatment, and causes (social, genetic, and biological) of specific health related disorders.

PSYCHOLOGY: Research Innovations in young minds - Dr Aneesh V Appu & Dr Subha Sachithanand 2020-09-23

For the past years, more emphasis has been given in understanding the level of cultural adjustment that individuals face on migrating to a new country. Not much attention has been given on studying repatriates. This phenomenological study deals with the experiences of 17 Indian repatriates, their emotional challenges and the various coping strategies that they had to employ in order to smoothen their repatriation process on returning to their home country. Six main themes were identified on applying thematic analysis to the individual semi-structured interviews: relief from hardships faced in the host country, stronger bond with the home country, feeling of being an alien in your home country, dynamic factors upon repatriation, emotive encounters and coming to terms with chaos associated with repatriation. Findings from the study, shows that the repatriates had faced many emotional challenges such as feeling of alienation, difficulty in adjusting to the old culture and getting a job, adjusting to the new work settings, grief on leaving the host country, idleness and laziness felt on repatriation, societal and familial pressure and financial struggles. Financial security, positive adjustment to the new work settings and the new income scale, lessons learned from the hostile experiences faced while abroad, pre-arrangements done in the home country before repatriating and reintegrating host culture into home culture served as an effective coping strategy, which eventually helped them in their successful repatriation over time.