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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 **Health Psychology Brannon 7th Edition Pdf Pdf upload Betty c Ferguson**

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Discovering Research Methods in Psychology

L. D. Sanders 2009-10-06

This study presents a student-friendly introduction to the principal research methodology techniques of psychology. Using a narrative approach, the text explains the complexities of research and the vital role it has played in the development of the field.

Health Psychology Shelley E. Taylor
2006 Offering a balanced perspective, this text incorporates the latest research findings and statistics. It provides explanations of biological,

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psychological and social factors in health issues, reinforced with case studies.

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

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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

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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

Applied Social Psychology Jamie A. Gruman 2016-09-08 This student-friendly introduction to the field focuses on understanding social and practical problems and developing intervention strategies to address them. Offering a balance of theory, research, and application, the updated Third Edition includes the latest research, as well as new, detailed examples of qualitative research throughout.

Organic Laboratory Techniques Ralph J. Fessenden 2001 This highly effective and practical manual is designed to be used as a

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supplementary text for the organic chemistry laboratory course - and with virtually any main text - in which experiments are supplied by the instructor or in which the students work independently. Each technique contains a brief theoretical discussion. Steps used in each technique, along with common problems that might arise. These respected and renowned authors include supplemental or related procedures, suggested experiments, and suggested readings for many of the techniques. Additionally, each chapter ends with a set of study problems that primarily stress the practical aspects of each technique, and microscale techniques are included throughout the text, as appropriate. Additional exercises, reference material, and quizzes are available online.

Theories of Personality Jess Feist 2001 Accurate and authoritative, *Theories of Personality* by Jess and

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Gregory Feist presents 23 leading theories of personality in a thorough, interesting and logical manner. The book begins with an introductory chapter designed to acquaint students with the meaning of personality and provide them with a solid foundation for understanding the nature of theory and its crucial contributions to science. The next seventeen chapters present twenty-three major theories with a fresh approach and a more complete view encompassing, a biographical sketch of each theorist, related research and applications to real life. When appropriate, the authors point out ways in which the theorists' life experiences may have helped shape her or his theory.

Health Psychology Leslie D. Frazier
2019-12-04 Health Psychology provides an accessible and empirically-based approach to understanding health psychology. It goes beyond other mainstream textbooks by introducing

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students to global and cross-cultural health issues, covering cutting-edge scientific and medical topics in ways that students can understand. The author integrates core theory, research, and practice in an engaging and practical way. The author integrates the biopsychosocial perspective, building on traditional content and topics in order to aid student understanding, interest, and learning. This textbook incorporates engaging applications, case studies and frequent examples, clear and thorough explanations, and a student-friendly tone. It insists on the implications of positive and negative health behaviors for a student's life. The author also provides an emphasis on developmental influences on health. Launchpad with ebook is an online course space with practice quizzes, videos, video activities, and other tutorials plus a gradebook for instructors.

Health Psychology Richard O. Straub

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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.

Information Technology for Managers

George Reynolds 2015-06-26 Now today's managers can prepare to successfully oversee and understand information systems with Reynold's INFORMATION TECHNOLOGY FOR MANAGERS, 2E. This practical, insightful book prepares current and future managers to understand the critical business implications of information technology. A wealth of actual contemporary examples demonstrate how

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successful managers can apply information technology to improve their organizations. A new chapter on IT security, hands-on scenarios and practical cases give readers an opportunity to apply what they're learning. This edition's solid framework helps define the manager's important role in information technology and in working effectively with all members of the organization to achieve results. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Health Psychology Shelley Taylor
2020-06-02

Salem Health Nancy A. Piotrowski 2010
This comprehensive five-volume set covers notable theories, people, social issues, life stages, the physiology and anatomy of the nervous system, and various mental illnesses or conditions --from publisher description.

A Theory of Cognitive Dissonance Leon Festinger 1962 Originally published: Evanston, Ill.: Row, Peterson, c1957.

Health Psychology Linda Brannon 2000 Health psychology: an introduction to behavior and health.

Personality Psychology: Domains of Knowledge About Human Nature Randy Larsen 2009-10-28 Using a novel organizational framework, one that emphasizes domains of knowledge about human nature, this trusted text presents the field of contemporary personality psychology as a collection of interrelated topics and themes. The emphasis, as always, is on the scientific basis of understanding human nature. The fourth edition continues to answer the needs of instructors by covering topics that do not fit into the framework of theory-based texts. It features updates on cutting edge trends in personality psychology in relation to culture, gender, evolution, genetics, emotion, self,

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health psychology, and personality disorders, while providing a solid foundation in the more traditional areas of trait psychology, psychoanalysis, and cognitive and social approaches to personality. Presented in a colorful and accessible format, the provides exercises, personality questionnaires, "Closer Look" boxes, current news boxes, and many charts, graphs, and photos to engage students in the material.

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

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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

A Cognitive Psychology of Mass

Communication Richard Jackson Harris
2009-05-19 In this fifth edition of A Cognitive Psychology of Mass Communication, author Richard Jackson Harris continues his examination of

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how our experiences with media affect the way we acquire knowledge about the world, and how this knowledge influences our attitudes and behavior. Presenting theories from psychology and communication along with reviews of the corresponding research, this text covers a wide variety of media and media issues, ranging from the commonly discussed topics - sex, violence, advertising - to lesser-studied topics, such as values, sports, and entertainment education. The fifth and fully updated edition offers: highly accessible and engaging writing contemporary references to all types of media familiar to students substantial discussion of theories and research, including interpretations of original research studies a balanced approach to covering the breadth and depth of the subject discussion of work from both psychology and media disciplines. The text is appropriate for Media

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Effects, Media & Society, and Psychology of Mass Media coursework, as it examines the effects of mass media on human cognitions, attitudes, and behaviors through empirical social science research; teaches students how to examine and evaluate mediated messages; and includes mass communication research, theory and analysis.

Environmental Psychology for Design
Dak Kopec 2018-02-08 How does a room affect an occupant's behavior and well-being? How does a building influence its residents' health? *Environmental Psychology for Design, 3rd Edition*, explores these questions with an in-depth look at psychosocial responses to the built environment. Awarded the 2006 ASID Joel Polsky Prize, the first edition served as an introduction to the discipline of environmental psychology and inspired readers to embrace its key concepts and incorporate them into their practice. This 3rd edition continues

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to analyze the interaction between environments and human behavior and well-being, while exploring how individual differences related to age, gender, and cultural background impact that interaction.

Environmental Psychology for Design STUDIO -Study smarter with self-quizzes featuring scored results and personalized study tips -Review concepts with flashcards of terms and definitions PLEASE NOTE: Purchasing or renting this ISBN does not include access to the STUDIO resources that accompany this text. To receive free access to the STUDIO content with new copies of this book, please refer to the book + STUDIO access card bundle ISBN 9781501321801.

Self-Efficacy in Changing Societies

Albert Bandura 1997-05-13 The volume addresses important issues of human adaptation and change.

The Handbook of Behavior Change

Martin S. Hagger 2020-07-15 Social problems in many domains, including

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health, education, social relationships, and the workplace, have their origins in human behavior. The documented links between behavior and social problems have compelled governments and organizations to prioritize and mobilize efforts to develop effective, evidence-based means to promote adaptive behavior change. In recognition of this impetus, The Handbook of Behavior Change provides comprehensive coverage of contemporary theory, research, and practice on behavior change. It summarizes current evidence-based approaches to behavior change in chapters authored by leading theorists, researchers, and practitioners from multiple disciplines, including psychology, sociology, behavioral science, economics, philosophy, and implementation science. It is the go-to resource for researchers, students, practitioners, and policy makers looking for current knowledge

on behavior change and guidance on how to develop effective interventions to change behavior.

Health Psychology: An Introduction to Behavior and Health Linda Brannon

2021-07-06 Drawing from the latest research and developments from the field, Brannon/Updegraff/Feist's HEALTH PSYCHOLOGY: AN INTRODUCTION TO BEHAVIOR AND HEALTH, 10e, delivers balanced coverage of the cognitive, behavioral and biological approaches to health psychology. Extremely reader friendly and popular with majors and nonmajors alike, this market leader features an engaging writing style, a variety of learning tools and a wealth of visuals.

Diversity in health psychology is emphasized throughout. New coverage includes the COVID-19 pandemic, the dangers of e-cigarettes, the Type D personality as a risk for heart disease, the brain disease model of alcoholism, the impact of exercise on sleep and more. Real World Profiles

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illustrate chapter concepts in the context of the lives of actual people, and an author-curated list of websites provides trusted resources for exploring on your own. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Schools and Health Institute of Medicine 1997-11-25 Schools and Health is a readable and well-organized book on comprehensive school health programs (CSHPs) for children in grades K-12. The book explores the needs of today's students and how those needs can be met through CSHP design and development. The committee provides broad recommendations for CSHPs, with suggestions and guidelines for national, state, and local actions. The volume examines how communities can become involved, explores models for CSHPs, and identifies elements of successful programs. Topics include:

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The history of and precedents for health programs in schools. The state of the art in physical education, health education, health services, mental health and pupil services, and nutrition and food services. Policies, finances, and other elements of CSHP infrastructure. Research and evaluation challenges. Schools and Health will be important to policymakers in health and education, school administrators, school physicians and nurses, health educators, social scientists, child advocates, teachers, and parents.

Health Psychology David F Marks
2011-01-19 The Third Edition of this landmark best-selling textbook has been thoroughly updated and revised to make it even more essential for course teaching. Retaining the celebrated approach of the previous editions, this new textbook incorporates research from a fuller range of perspectives to provide students with a critical

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understanding of the full variety of viewpoints. Key features of the third edition: - Extensive pedagogical features, including chapter outlines and summaries of key ideas, and guidelines for further research. Boxed case studies, tables and figures and cutting edge research are integrated throughout to aid students understanding if this fascinating field. - Brand new chapter on Literacy and Communication. - New accompanying companion website with a full suite of lecturer materials and online readings for students.

Critical Theory Today Lois Tyson
2012-09-10 Critical Theory Today is the essential introduction to contemporary critical theory. It provides clear, simple explanations and concrete examples of complex concepts, making a wide variety of commonly used critical theories accessible to novices without sacrificing any theoretical rigor or thoroughness. This new edition

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provides in-depth coverage of the most common approaches to literary analysis today: feminism, psychoanalysis, Marxism, reader-response theory, new criticism, structuralism and semiotics, deconstruction, new historicism, cultural criticism, lesbian/gay/queer theory, African American criticism, and postcolonial criticism. The chapters provide an extended explanation of each theory, using examples from everyday life, popular culture, and literary texts; a list of specific questions critics who use that theory ask about literary texts; an interpretation of F. Scott Fitzgerald's *The Great Gatsby* through the lens of each theory; a list of questions for further practice to guide readers in applying each theory to different literary works; and a bibliography of primary and secondary works for further reading.

ADJUST Wayne Weiten 2017-10-18

Created through a student-tested,

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faculty-approved review process, ADJUST is an engaging and accessible solution to accommodate the diverse lifestyles of today's learners. ADJUST employs balanced psychological research coverage, engaging applications, and current examples to help readers understand themselves and the world. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Self-Management of Hypertension Dawn Peters-Bascombe 2015-09-28 Research shows that African-Caribbean populations with hypertension have poorer health outcomes. This exploratory and descriptive study described and analyzed self-management behavior among male and female hypertensive residents of a village in St. Vincent and the Grenadines (SVG). This qualitative study took place in Lowmans Windward village in SVG. In-depth semi

structured interviews were conducted with a purposive, snowball sample of 15 females and 15 males. Most participants were poor but all had access to governmentally funded health care. Non-adherence to medical recommendations on physical activity and dietary intake was evidenced among all participants. Over 80% of participants did not own a blood pressure monitoring equipment. Females rendered more support to their spouses than they themselves received from husbands. More than 60% of participants used herbs and home remedies to control their blood pressure. More males reported social support than females. Results generally show that self-management of hypertension behaviors among both female and male residents of SVG are not extensive and that preventive behaviors can be enhanced with adequate dietary intake, daily physical activity and frequent self-blood pressure Monitoring.

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Health Psychology, 6e Jane Ogden
2019-05-03 Health Psychology is essential reading for all students and researchers of health psychology. Organized into four sections, the 6th edition is structured with a clear emphasis on theory and evidence throughout. This textbook maintains its popular and balanced approach between the biomedical and psychosocial model, while strengthening its focus on critical thinking and behaviour change. Key updates include: • Learning objectives: Each chapter opens with a set of learning objectives, which clearly outlines the knowledge, understanding and skills you will acquire from each chapter. • Case studies: Each chapter includes a case study to illustrate how the key theories and ideas are relevant to everyday life. • Through the Eyes of Health Psychology: A brand new feature to show how a health psychologist might analyse each case

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study using the theories and concepts presented throughout the book. • Health promotion: A whole chapter devoted to the theories and evidence relevant to behaviour change and includes a new section on integrated approaches and the drive to develop a new science of behaviour change. • Thinking critically about: The process of thinking critically is introduced in the first chapter which describes how to think critically about theory, methods, measurement and research design. Each chapter has its own 'Thinking critically about ...' section at the end to highlight problems with specific theories and research areas. This section includes critical thinking questions and a 'Some problems with...' section to form the basis of class discussions and enable students to be more critical in their thinking and writing.

The Psychological and Social Impact of Illness and Disability, 6th

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Edition Dr. Irmo Marini 2012-02-24
Print+CourseSmart

American Courts: Process and Policy

Lawrence Baum 2012-01-01 The highly respected AMERICAN COURTS: PROCESS AND POLICY, by top Courts scholar Lawrence Baum, provides clear descriptions of the courts and the activities of the various courts. The Seventh Edition explains what courts do, how people within them behave, and how they relate to the rest of the political system. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Human Development: A Life-Span View

Robert V. Kail 2015-01-01 Balanced coverage of the entire life span is just one thing that distinguishes HUMAN DEVELOPMENT: A LIFE-SPAN VIEW, Seventh Edition. With its comprehensive, succinct, and applied coverage, the text has proven its ability to capture students' interest

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while introducing them to the issues, forces, and outcomes that make us who we are. Robert V. Kail's expertise in childhood and adolescence, combined with John C. Cavanaugh's extensive research in gerontology, result in a book with a rich description of all life-span stages and important topics. A modified chronological approach traces development in sequential order from conception through late life, while also dedicating several chapters to key topical issues. This organization also allows the book to be relatively briefer than other texts, a benefit given the enormous amount of information covered in the course. The authors provide theoretical and empirical foundations that enable students to become educated, critical interpreters of developmental information. A blend of basic and applied research, as well as coverage of controversial topics and emergent trends, demonstrates connections

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between the laboratory and life. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Gender Linda Brannon 2016-12-01
Revised edition of the author's
Gender, 2015.

Health, Happiness, and Well-Being
Steven Jay Lynn 2015 Based on research findings from expert psychologists, this text encourages students to become knowledgeable consumers of information related to their physical health and optimum psychological functioning.

Health Psychology Edward P. Sarafino 2020-05-07 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: Biopsychsocial 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.

Theories of Developmental Psychology
Patricia H. Miller 2016-02-15 Always reflective of the latest research and thinking in the field, Patricia Miller's acclaimed text offers an ideal way to help students understand and distinguish the major theoretical schools of child development. This fully updated new edition includes a new focus on biological theories of development, and offers new instructor resource materials.

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Stanfield's Introduction to Health

Professions Nanna Cross 2016-07-29
The Seventh Edition of the text outlines more than 75 careers and touches on every major facet of the field including a description of the profession, typical work setting; educational, licensure and certification requirements; salary and growth projections and internet resources on educational programs and requirements for licensure and/or certification. In addition, this resource provides a thorough review of the U.S. healthcare delivery system, managed care, health care financing, reimbursement, insurance coverage, Medicare, Medicaid, and the impact of new technology on healthcare services. All chapters are updated to reflect current demographics and new policies.

Research Methods in Physical Activity
Jerry R. Thomas 2022-04-30 "Short, factual description of the book (summary of what it includes, without

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subjective or promotional language.) This comprehensive textbook provides step-by-step information for every aspect of the research in physical activity process and provides guidelines for conducting and compiling research. Students will learn how to identify and devise research questions, analyze data, and compile results for presentation"-- *Autogenic Training* Micah R. Sadigh 2019-07-29 Using repeated sets of exercises meant to relax and desensitize the mind, autogenic training equips patients to deal with chronic conditions such as anxiety disorders, recurring pain and stress. Patients learn how to gain control over their symptoms and improve coping to reduce suffering. This expanded edition presents practitioners with a concise exploration of autogenic technique and its clinical use for patients, especially in treating those suffering from chronic pain syndrome

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and disrupted sleep.

Health Psychology Jane Ogden 2004

This is an accessible and comprehensive guide to all the major topics of health psychology, including new chapters on stress and eating disorders. It is essential reading for all students and researchers of health psychology and for students of medicine, nursing and allied health courses.

Stress and Quality of Working Life

Ana Maria Rossi 2015-10-01 It is an unfortunate reality that many employees experience elevated levels of stress at work. Feeling stressed has impacts beyond mere emotions. For example, a survey of European Union member states found that 28% of employees reported stress-related illness or health issues, and studies in the USA have found that over 25% of employees reported that they are often or very often burned out by their work. Also, not all stress should be or can be eliminated, as

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many industries and jobs are highly demanding in their nature. Therefore, it is important that employees, employers, clinicians, and researchers endeavor to develop a better understanding of workplace stressors and how employee health and well-being can be improved. This book can help individuals and organizations better appreciate stressors faced by employees. It showcases research by over two dozen authors in twelve chapters, focusing on the interpersonal and occupation-based sources of workplace stress, as well as how to alleviate work stress. Coworkers, supervisors,

and others with whom a person works can have a dramatic influence on the degree of stress a worker experiences, and it is often the interpersonal conflict that is unrelated to one's job that is the most difficult to manage. In addition, the context of a person's work also influences the degree and type of stressors they encounter at work, and this book examines several occupations and their associated stress. We hope that these findings provide ways for individuals and organizations to enhance the well-being of employees.

Toward a Global Psychology Michael J. Stevens 2007 Publisher description