



## Health Psychology: A Cultural Approach

*Regan A.R. Gurung*

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## Health Psychology: A Cultural Approach Regan A.R. Gurung

Using a conversational style that conveys the excitement, research base, and real-world applications of the field, Regan A. R. Gurung introduces health psychology with an integrated cultural perspective. Gurung focuses on key determinants of behavior--such as family, ethnicity, and religion--which are not always highlighted in health psychology books. The text is packed with the most up-to-date citations available, presenting topics taken straight from headline news as well as classic issues in the field. A range of vivid examples from different cultural groups provides you with a comprehensive description of basic theories and an overview of cutting-edge research in health psychology. Special sections that highlight clinical applications, coverage of personality and social psychological theories, and chapters devoted to variations in cultural beliefs, human development, and different diseases combine to give you the best of many worlds. Available with InfoTrac Student Collections <http://gocengage.com/infotrac>.

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## **From Reader Review Health Psychology: A Cultural Approach for online ebook**

### **Regan A. says**

In retrospect there are a number of things I would do differently. So I am. Watch for the revision due out early next year. Have caught the odd error and nicely expanding on some sections.

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### **Stephen says**

This text needs an update, but it is the best thing out there when approaching the topic of health from a cultural perspective. I do this in my classes despite the academic tide of placing health behaviors into the realm of neuropsychology, where everything else is going. The struggle carries on.

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