

Librería
Bonilla y Asociados
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Título: Health Psychology. Theory, Research And Practice.

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Carla/

Precio: \$846.00

Editorial:

Año: 2005

Tema:

Edición: 2ª

Sinopsis

ISBN: 9781412903370

This Second Edition of the critically acclaimed, best-selling textbook retains all of the features of the first but with greater coverage and pedagogic focus than before. All chapters from the original edition have been substantially rewritten with the aim of greater clarity and provide updates of the latest research. Five new chapters have been added to reflect the expansion of health psychology and its increasing relevance to the world of health care.