



# Health Psychology (Palgrave Insights in Psychology series)

*Karen Rodham*

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## **Health Psychology (Palgrave Insights in Psychology series)** Karen Rodham

Why is having a good diet and getting plenty of exercise so important for our health? How do we know that smoking is bad for us?

In this illuminating introduction, Rodham unpacks the relationship between our behaviour and health, exploring the principal areas that concern health psychologists, including health promotion, policy and specific issues such as eating behaviour and stress.

Whatever your level of study, this overview of health psychology will help you get to grips with the main issues and allow you to push your understanding further.

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