

Psychology and Promotion of Health (Swiss Monographs in Psychology)



Health psychology has now reached professional maturity. It has received substantial support from clinical and scientific data, and trained professionals are now applying its findings in their daily practice. The purpose of this book is to underline the idea of promoting health instead of cures, as well as to establish links between the fundamental research and its clinical applications. This book addresses quite a few specific topics of direct interest to clinicians, including AIDS, patient self-management, health risks for patient spouses, chronic pain, mammography and depression, among others. The emphasis throughout is on the practical psychological effects and implications of recent medical research results.

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