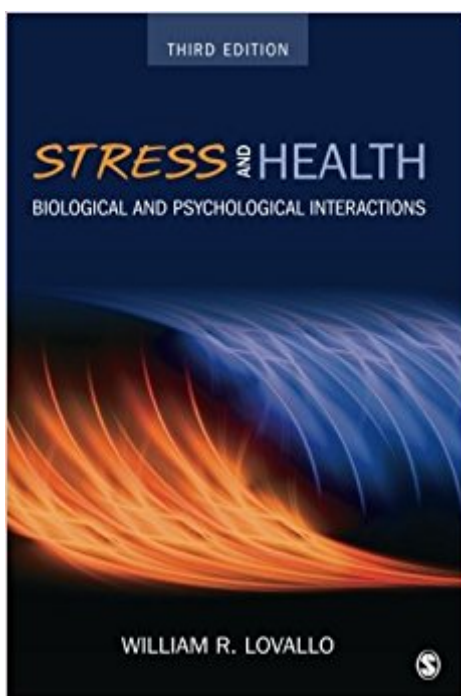


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Stress And Health: Biological And Psychological Interactions (Volume 3)



Synopsis

Stress and Health: Biological and Psychological Interactions is a brief and accessible examination of psychological stress and its psychophysiological relationships with cognition, emotions, brain functions, and the peripheral mechanisms.

Book Information

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Customer Reviews

William R. Lovallo (PhD, biological psychology, University of Oklahoma, 1978) conducts research on relationships between stress, biological responses, and their implications for health. His current projects address cardiovascular and endocrine responses during mental stress and effects on persons at risk for alcoholism and other addictions. He has served as director of the Behavioral Sciences Laboratories and as senior research career scientist at the VA Medical Center and is professor of psychiatry and behavioral sciences at the University of Oklahoma Health Sciences Center in Oklahoma City. Lovallo has also served as associate director of the John D. and Catherine T. MacArthur Foundation's Research Network on Mind-Body Interactions. He is on advisory committees for the National Institutes of Health and the Veterans Administration.

I bought this book for a Health Psychology course. I ended up using it a lot, and it was quite helpful to me. This book is not an introduction to the field of psychology at all, and should not be treated as such. It has a lot of science vocabulary and assumes a basic understanding of the body before you read the book. I purchased this book on Kindle and I am glad I did because I can keep it handy and

use it as a quick reference as I continue my studies. Overall, textbooks sometimes can be truly awful, but this one was just what I needed to get through the class and really understand the material.

Good book

I had previously read many books related to holistic healing and mind-body connection. Most of them were not, however, scientific. I came across fight-or-flight response multiple times, but I wanted to learn more about biological processes that occur during stress. That's why I bought this book. In a way, I probably also wanted to check the credibility of previously read authors. Although in some places, there's too much terminology and details, overall I've learned a lot and now I can speak about relevant topics from a more educated perspective. I found the experiments with animals rather disturbing. Other than that, it's a good and informative book. It's a pity though that science still knows only little and that the current model of biomedicine disregards the power of mind.

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