



Psychobiological Processes in Health and Illness

Kate Hamilton-West

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'A fantastic contribution to health psychology. My PhD students and medical students are instructed to read it (not often I recommend books these days). It feels like the field has been waiting for this for a long time' -

Dr Lis Cordingley

Senior Lecturer in Health Psychology, School of Medicine, University of Manchester

An engaging introduction to the interrelationships between mind and body across a broad range of topics including infectious illness, autoimmunity, cancer and pain. Taking a biopsychosocial approach, it brings together research from a number of disciplines including health psychology, psychoneuroimmunology and behavioural genetics.

Students are encouraged to consider how advances in psychobiological research can help us to uncover the true complexity of links between psychological, biological and social processes with respect to implications for health and how such advances can inform the development of interventions and treatment.

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