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brings theory and research together to help students adapt to sources of stress in their everyday and academic lives adjustment and growth psychology and the challenges of life reveals the many ways that psychology relates to our lives while illustrating how psychological concepts and principles can help us adapt to the real world issues we face with a lively and conversational writing style authors spencer rathus and jeffrey nevid show us how to apply psychology to confront a variety of life challenges such as managing time developing self identity building and maintaining relationships adopting healthier lifestyles coping with stress strengthening financial responsibility and dealing with emotional problems and psychological disorders each easy to follow chapter begins with did you know that a series of engaging and thought provoking questions that pique the reader s interest before they dive into the chapter the modular format of the textbook helps students organize their study time by presenting information in manageable units and providing brief review questions at the end of each section to enable self evaluating mastery of learning objectives now in its fifteenth edition this market leading textbook is fully updated to meet the needs and concerns of the next generation of students expanded chapters address psychology in the digital age social media sexuality and gender stress and the immune

system and the current opioid crisis an entirely new chapter covers adapting to contemporary sources of stress such as social and political tensions public health in light of the covid 19 crisis gun violence and mass shootings climate change the treatment of immigrant and migrant families

brings theory and research together in practice to help readers adopt healthier behaviors health psychology applying psychological science to health and wellness brings the contributions of health psychologists to students with an approach that makes their study of the subject personally meaningful encouraging students to examine their own health related behaviors and attitudes the text presents students with the latest research findings that inform our understanding of the interrelationships between psychology and health this easily accessible textbook covers topics traditionally addressed in a health psychology course as well as broad and deep coverage of important health related issues relating to reproductive sexual and psychological health dedicated chapters provide the context for many health issues such as sexually transmitted infections and their prevention behavioral aspects of reproductive health decision making about reproductive options sexual dysfunctions and psychological health issues viewed from the biopsychosocial perspective throughout the text the authors use a personal writing style that injects a bit of humor to engage student readers all the while keeping a focus on developing healthier behaviors that anyone can apply in their daily lives an interactive multimedia learning experience this textbook includes access to an interactive multimedia e text icons throughout the print book signal corresponding digital content in the e text concept and topic videos throughout the enhanced e text students will find a variety of videos that complement the reading with brief explorations of general psychology concepts that are relevant to the discussions of health psychology animations a variety of engaging animations illustrate concepts from a real world sometimes humorous perspective interactive self assessments self scoring questionnaires stimulate interest and provide self insight appearing throughout the enhanced e text these exercises help students satisfy their curiosity about themselves and enhance the relevance of the text to their lives interactive figures charts and tables integrated throughout the enhanced e text interactive figures diagrams and other illustrations engage students to facilitate study and strengthen retention of important information interactive self scoring quizzes students can check their answers to the review questions at the end of each major chapter section instantly and an end of chapter practice quiz helps prepare for graded assignments and exams

thinking nursing this major new textbook provides a unique one stop resource that introduces nursing students to the disciplines that

underpin nursing practice the broad range of subjects covered includes sociology psychology anthropology public health philosophy economics politics and science written by nursing lecturers with nursing students in mind this book enables nurses to grasp the principles behind these disciplines and apply the concepts to everyday health care practices each chapter offers the theoretical background of the major tenets of each discipline a comprehensive discussion of how they relate to practice cross references to other relevant chapter sections suggestions for further reading a glossary of key terms practical advice is also available in a chapter dedicated to methods of research planning and construction of written work moreover the textbook encourages creative and lateral thinking beyond its use in planning and writing assignments thinking nursing is essential reading for nursing students on common foundation programmes both at diploma and degree level and qualified nurses undertaking additional specialist training including masters degrees as well as those involved in planning designing and the implementation of educational courses for nurses

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in the 14th edition of this market leading title psychology and the challenges of life adjustment and growth authors spencer rathus and jeffrey nevid continue to reflect on the many ways in which psychology relates to the lives we live and the important roles that psychology can play in helping us adjust to the many challenges we face in our daily lives throughout the text the authors explore applications of psychological concepts and principles in meeting life challenges such as managing time developing self identity building and maintaining relationships adopting healthier lifestyles coping with stress and dealing with emotional problems and psychological disorders the new edition has been thoroughly updated to meet the needs and concerns of a new generation of students it provides additional information on psychology in the digital age social media the current opioid crisis as well as offering greater coverage of matters concerning sexuality and gender and sexual orientation

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