



Stress and Health: Biological and Psychological Interactions (BEHAVIORAL MEDICINE AND HEALTH PSYCHOLOGY)

William R. (Robert) Lovallo

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Stress and Health: Biological and Psychological Interactions, Second Edition examines the biological links between our emotions and changes in our health. Author William R. Lovallo provides an introduction to the concept of psychological stress, its physiological manifestations, and its effects on health and disease. The book concentrates on the psychophysiological relationship between cognitions, emotions, brain functions, and the peripheral mechanisms by which the body is regulated. **Stress and Health** is the only book on the biology of psychological stress for students and researchers in the behavioral sciences.

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