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Shelley Taylor is professor of psychology at the University of California, Los Angeles. She received her Ph.D. in social psychology from Yale University. Her research interests are in health psychology, especially the factors that promote long-term psychological adjustment, and in social cognition.

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Health Psychology By Shelley Taylor was a GREAT read, especially to those who believe in a mind-body connection in life. This book details scientific diagnosis' and ties them to health psychology and the connection of perception to medical ills. Supplemental readings would benefit by reviewing Deepak Chopra and Andrew Weil who complement this piece!

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