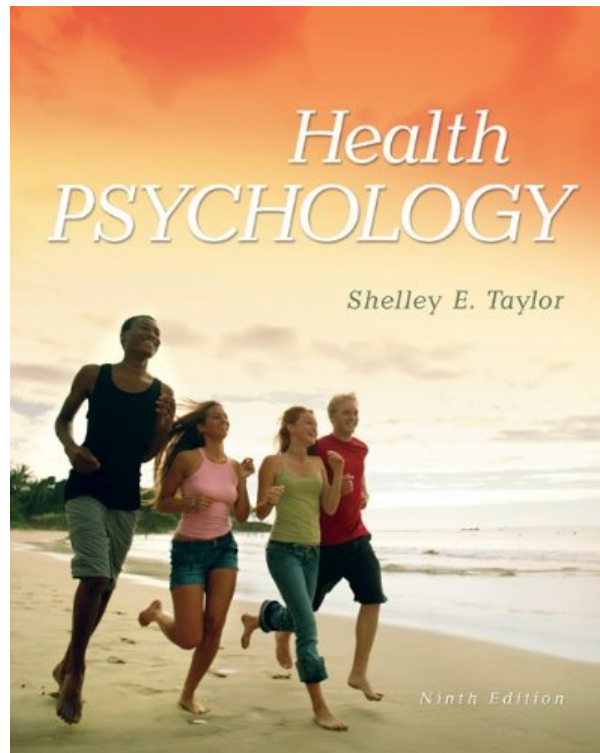
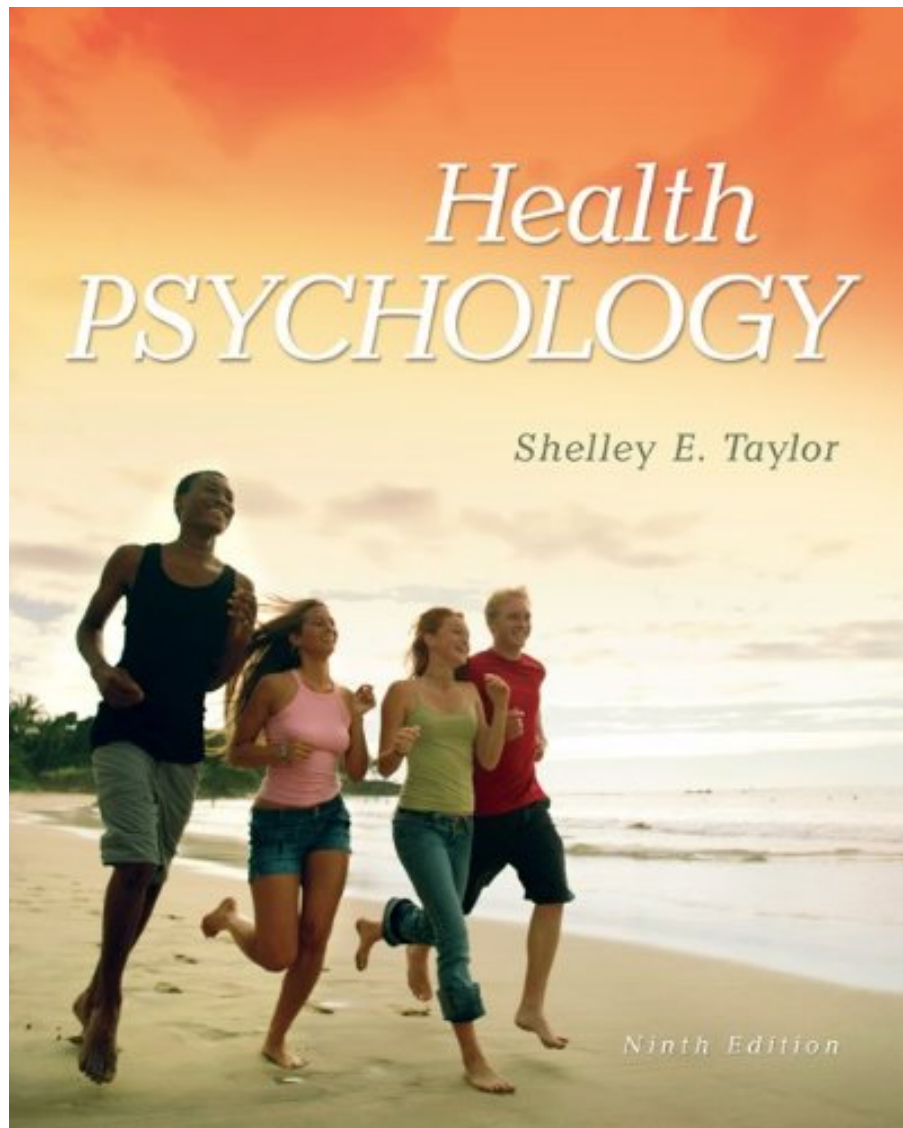


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Shelley E. Taylor is professor of psychology at the University of California, Los Angeles. She received her Ph.D. in social psychology from Yale University. Her research interests are in health psychology, especially the factors that promote long-term psychological adjustment, and in social cognition. In the former capacity, she is the co-director of the Health Psychology program at UCLA. Professor Taylor is the recipient of a number of awards?most notably, the American Psychological Association's Distinguished Scientific Contribution to Psychology Award, a 10-year Research Scientist Development Award from the National Institute of Mental Health, and an Outstanding Scientific Contribution Award in Health Psychology. She is the author of more than 200 publications in journals and books and is the author of *Social Cognition* and *Positive Illusions*.

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Since the first edition was published in 1986, this text has helped thousands of college students learn how to maintain their health and guard against illness. The goal of Health Psychology has always been to make research accessible in a way that integrates theory with practical applications so that people can lead healthier lives. The importance of social relationships, health behaviors, and co-management of health and illness are themes that are woven throughout the text.

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