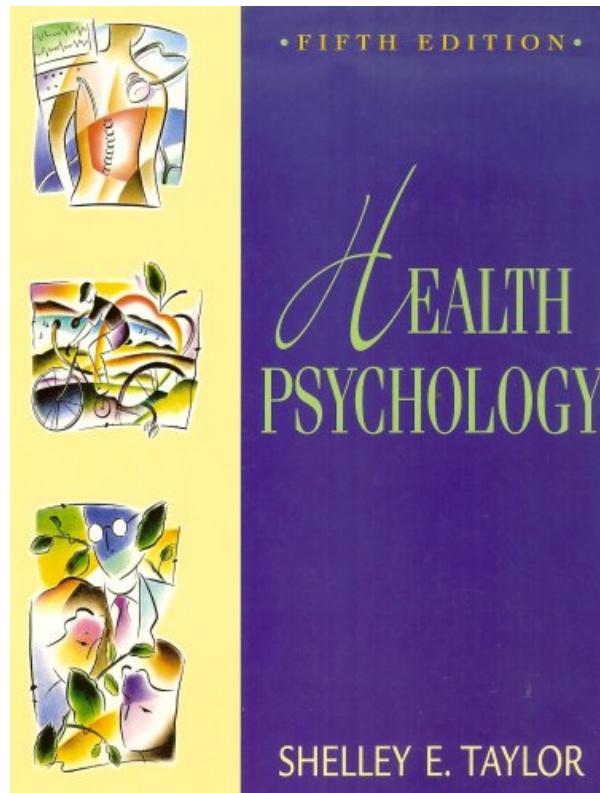
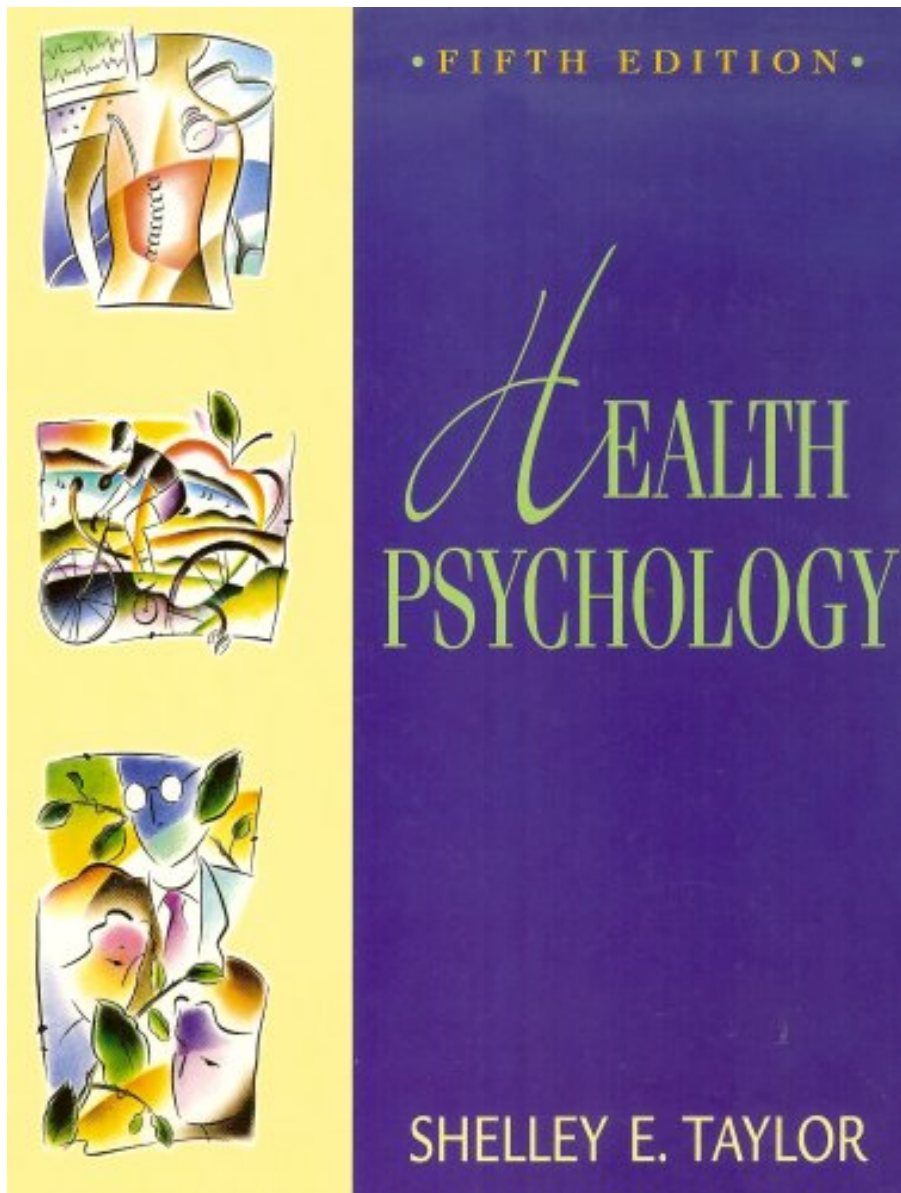


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9 of 9 people found the following review helpful.

Dry, Outdated Material

By Brett M

I used this book for an online class and was thankful that we didn't use it for our discussion boards; we only used it for the test portion of class.

To begin with, a majority of the material supported in the text is backed up by research that was conducted in the 90's, even though this is the 8th edition to the book. The chapters overlap, which in principle is fine, but happens way too much and because of this you're practically reading the same argument over and over again with each chapter. The text doesn't make any "groundbreaking" claims (it only reinforces knowledge that anyone has with a few PSYC courses under their belt) and shy's away from controversial health psychology subjects (such as the controversial subject of pain medication). Because of all of these facts, the book is incredibly dry and is a pain to read through if you have to read it. Our professor has acknowledged this as well and is using a different book for the next semester.

1 of 1 people found the following review helpful.

ehh...

By A Customer

I purchased this book for class. The cover was nice, new, and fairly thin. However, when you open the book, it felt like I was reading column in the newspaper as there was so many words written on ONE page. It took me forever to find what I want to find in the book even after using the index. There was just so many words jammed in one page that it did not amuse me to even read it. But I guess that's why the book was not thick or heavy. I should have purchased this book as an online book instead.

4 of 5 people found the following review helpful.

Far too technical and bland...

By silver575

Well, I took a Health Psychology class online to pass some time while I prepare for nursing school in the Fall. I assumed the class was easy more or less, but I was quite wrong, mostly due the teacher's reliance on this boring, over-citated, confusing textook.

First of all, I do respect the author's work, Shelly Taylor, but she needs to dumb down and really start condensing her ramblings to a more healthare-oriented PRACTICAL level, instead of reams of theories upon theories and outdated citations. The seventh edition, which the one I bought, had no color at all, only grey and blue-green turquoise colors. There is alot of research-oriented material, which is okay if you need to

write a thesis or grad paper, but there is no consistency between giving so much research citations and actually learning the health psychology in my opinion.

The chapters are WAY TOO LONG!! Each chapter on average can be 19-24 pages, with only 1 or 2 pages of actual juicy learning between all the references and case studies. She often sounds elated with redundant vocabulary and uses "ameliorate" often which is quite annoying!

Some material is useful if you can find it and have lots of patience before dozing off. Most of the work is repetitive and almost comparable to a filler in a careless meat product. This author probably just wanted to fluff the chapters with jargon and random trivia to make it more expensive.

All in all, unless the professor force feeds the class this book in lectures, stay clear of Shelly Taylor's health book. Simply not worth the money.

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