



Health and Social Relationships: The Good, The Bad, and The Complicated

Matthew L. Newman

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We know that good, supportive relationships generally promote good health, and that bad, stressful relationships take a toll on our health. Yet most of our relationships — relatives, coworkers, caregivers, and romantic partners among them — are complicated, providing varying degrees of both support and stress.

The contributors to *Health and Social Relationships* not only examine the psychological and physiological linkages between relationships and health, but also offer clinical implications — such as how to foster good social relationships in our personal lives and in our communities at large.

Health and Social Relationships is an excellent compendium of research geared toward scholars and students in health psychology at the advanced undergraduate and graduate levels.

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