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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.

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Dr. Shelley E. Taylor received her Ph.D. in psychology from Yale University. After a visiting professorship at Yale and assistant and associate professorships at Harvard University, she joined the faculty of UCLA in 1979.

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Shelley Elizabeth Taylor is a distinguished professor of psychology at the University of California, Los Angeles. She received her Ph.D. from Yale University, and was formerly on the faculty at Harvard University. A prolific author of books and scholarly journal articles, Taylor has long been a leading figure in two subfields related to her primary discipline of social psychology: social cognition and health psychology. Her books include The Tending Instinct and Social Cognition, the latter by S

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Shelley E. Taylor. Socioemotional Resources/Positive Illusions Socioemotional resources, including optimism, mastery, self-esteem, and social support, have biological and psychological benefits, especially in times of stress.

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