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Human Performance: Cognition, Stress and Individual Differences

D. Roy Davies, Gerald Matthews, Rob B. Stammers, Steve J. Westerman

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Human Performance provides the student and researcher with a comprehensive and accessible review of performance, in the real world and essential cognitive science theory.
Four main sections cover both theoretical and practical issues: Section One outlines the perspectives on performance offered by contemporary cognitive science, including information processing and neuroscience perspectives.
Section Two presents a multi-level view of the performer as biological organism, information-processor and intentional agent. It reviews the development of the cognitive theory of performance through experimental studies and also looks at practical issues such as human error.
Section Three reviews the impact of stress factors such as noise, fatigue and illness on performance. Section Four assesses individual and group differences in performance with accounts of ability, personality and aging.

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Spent a free time for you to be fun activity to perform! A lot of people spent their sparetime with their family, or all their friends. Usually they carrying out activity like watching television, going to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Might be reading a book might be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the publication untitled Human Performance: Cognition, Stress and Individual Differences can be good book to read. May be it can be best activity to you.

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