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Autore	Currie Janet L
Titolo	Managing Motherhood [[electronic resource] ] : A New Wellness Perspective // by Janet L. Currie
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Descrizione fisica	1 online resource (XI, 87 p. 2 illus. in color.)
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Soggetti	Psychology, clinical Quality of Life - Research Medicine Developmental psychology Health Psychology Quality of Life Research Health Promotion and Disease Prevention Positive Psychology Gender Studies
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Nota di contenuto	Chapter 1. Introduction -- Chapter 2. The Research Profile -- Chapter 3. Managing Motherhood -- Chapter 4. The Meaning and Lived Experience of Coping -- Chapter 5. Strategies Used to Manage Motherhood -- Chapter 6. Towards a Positive Model of Coping -- Chapter 7. Conditions Affecting Coping -- Chapter 8. Conclusion.
Sommario/riassunto	This book asserts that women attain higher levels of health in the mothering role when they achieve increased control over their own health, lifestyle and environment. Reflecting the philosophy of health promotion, it explores the meaning of the positive coping experience for new mothers, identifying the essential features of resilience in a new coping model based on ground-breaking analytical techniques. Further, the book discusses preventative strategies for building resilience and quality of life during the period of new motherhood, opening new horizons and dialogues related to what "coping" can actually mean when underpinned by a well-being paradigm. .

