

1. Record Nr.	UNINA9910449940603321
Titolo	Coping [[electronic resource]] : the psychology of what works // edited by C.R. Snyder
Pubbl/distr/stampa	New York, : Oxford University Press, 1999
ISBN	0-19-026183-8 1-280-47131-X 0-19-802803-2 1-4237-3906-X
Descrizione fisica	1 online resource (367 p.)
Altri autori (Persone)	SnyderC. R
Disciplina	155.2/4
Soggetti	Adjustment (Psychology) Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Contributors; 1. Coping: Where Have You Been?; 2. Reality Negotiation and Coping: The Social Construction of Adaptive Outcomes; 3. Coping and Ego Depletion: Recovery after the Coping Process; 4. Sharing One's Story: Translating Emotional Experiences into Words as a Coping Tool; 5. Focusing on Emotion: An Adaptive Coping Strategy?; 6. Personality, Affectivity, and Coping; 7. Coping Intelligently: Emotional Intelligence and the Coping Process; 8. Learned Optimism in Children; 9. Optimism; 10. Hoping; 11. Mastery-Oriented Thinking; 12. Coping with Catastrophes and Catastrophizing 13. Finding Benefits in Adversity 14. Rebuilding Shattered Assumptions after Traumatic Life Events: Coping Processes and Outcomes; 15. Coping: Where Are You Going?; Index
Sommario/riassunto	Most people take the process of coping for granted as they go about their daily activities. In many ways, coping is like breathing, an automatic process requiring no apparent effort. However, when people face truly threatening events--what psychologists call stressors--they become acutely aware of the coping process and respond by consciously applying their day-to-day coping skills. Coping is a fundamental psychological process, and people's skills are

commensurately sophisticated. This volume builds on people's strengths and emphasizes their role as positive copers. It features techniques for
