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Titolo	Coping with stress [[electronic resource] ] : effective people and processes / / edited by C.R. Snyder
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2001
ISBN	0-19-026168-4 1-280-47251-0 0-19-802995-0 0-19-530221-4
Descrizione fisica	1 online resource (335 p.)
Altri autori (Persone)	SnyderC. R
Disciplina	155.2/4
Soggetti	Adjustment (Psychology) Stress (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. Dr. Seuss, the Coping Machine, and "Oh the Places You'll Go"; 2. Getting Things Done On Time: Conquering Procrastination; 3. Coping and Coherence: A Narrative Perspective on Resilience; 4. The Humor Solution; 5. Forgiving; 6. Coping with the Inevitability of Death: Terror Management and Mismanagement; 7. Managing Hostile Thoughts, Feelings, and Actions: The LifeSkills Approach; 8. Comparing Favorably: A Cognitive Approach to Coping Through Comparison with Other Persons; 9. Self-Focused Attention and Coping: Attending to the Right Things; 10. Dealing with Secrets 11. A Look at the Coping Strategies and Styles of Asian Americans: Similar and Different?12. Aging and Coping: The Activity Solution; 13. Methods of Coping from the Religions of the World: The Bar Mitzvah, Karma, and Spiritual Healing; 14. Copers Coping with Stress: Two Against One; Index; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; R; S; T; U; V; W; Y; Z
Sommario/riassunto	This is a companion volume to Coping: The Psychology of What Works, which is also edited by Snyder. This second book includes chapters by some of the most well known clinical and health psychologists and

covers some of the newest and most provocative topics currently under study in the area of coping. The contributors address the key questions in this literature: Why do some of us learn from hardship and life's stressors? And why do others fail and succumb to depression, anxiety, and even suicide? What are the adaptive patterns and behaviors of those who do well in spite of the obstacles that

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