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Titolo	Handbook of adult resilience [[electronic resource] /] / edited by John W. Reich, Alex J. Zautra, John Stuart Hall
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Altri autori (Persone)	ReichJohn W. <1937-> ZautraAlex HallJohn Stuart <1942->
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front Matter; Contents; Chapter 1; Chapter 2; Chapter 3; Chapter 4; Chapter 5; Chapter 6; Chapter 7; Chapter 8; Chapter 9; Chapter 10; Chapter 11; Chapter 12; Chapter 13; Chapter 14; Chapter 15; Chapter 16; Chapter 17; Chapter 18; Chapter 19; Chapter 20; Chapter 21; Chapter 22; Chapter 23; Chapter 24; Author Index; Subject Index
Sommario/riassunto	What enables people to bounce back from stressful experiences? How do certain individuals maintain a sense of purpose and direction over the long term, even in the face of adversity? This is the first book to move beyond childhood and adolescence to explore resilience across the lifespan. Coverage ranges from genetic and physiological factors through personal, family, organizational, and community processes. Contributors examine how resilience contributes to health and well-being across the adult life cycle; why-and what happens when-resilience processes fail; ethnic and cultural dime

