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Autore	Tedeschi Richard G
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Altri autori (Persone)	CalhounLawrence G
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; Preface; Chapter 1 - The Uses of Suffering: Religious and Psychological Roots; Chapter 2 - The Negative Consequences of Trauma; Chapter 3 - Psychological Growth from Trauma: Research Findings; Chapter 4 - Personality Characteristics and Successful Coping; Chapter 5 - Tasks and Cognitive Processes in Coping with Trauma; Chapter 6 - How Growth Happens: A Model for Coping with Trauma; Chapter 7 - Support and Intervention; Chapter 8 - Research Directions; Chapter 9 - Guideposts for People Challenged by Trauma; Appendix: The Post Traumatic Growth Inventory; References; Index About the Authors
Sommario/riassunto	This text weaves together perspectives from philosophy, religion and psychology on a phenomenon reported since ancient time, the personal growth or strengthening by people who have endured traumatic events.