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Nota di contenuto	Acknowledgements -- Introduction -- Posttraumatic growth : concise history, definitions, and implications -- Posttraumatic growth : truth or myth -- Meaning -- Cognitive processing -- References -- Subject index -- Author index.
Sommario/riassunto	""From the inspiring chapter quotes, to relevant historical and current research, to practical clinical directions, Primer on Posttraumatic Growth takes a giant step toward both grounding us and moving us ahead with strong hope for adjustment and growth in the post-trauma/loss world. This is a comprehensive, practical, and readable work that should be at hand for any mental health clinician, pastoral care professional, or student preparing for these professions.""-J. Shep Jeffreys, EdD, FT, author of Helping Grieving People-When Tears Are Not Enough: A Handbook for Care Providers, Second