Record Nr. UNINA9910783269803321 Autore Zautra Alex Titolo Emotions, stress, and health / / Alex J. Zautra Pubbl/distr/stampa Oxford, [England]:,: Oxford University Press,, 2003 ©2003 **ISBN** 0-19-773530-4 1-280-47303-7 9786610473038 0-19-535085-5 1-60256-406-X Descrizione fisica 1 online resource (327 p.) Disciplina 616/.001/9 Soggetti Clinical health psychology Stress (Psychology) **Emotions** 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; 1 The Nature of Emotional Experiences; 2 Emotions in Two Dimensions; 3 Stress and the Eyes of the Beholder; 4 The Effects of Stress on the Experience of Emotions; 5 Positive Emotions and Mental Health: Are We Chasing the Rainbow?; 6 The Role of Positive Emotions in Health; 7 Emotional Intelligences; 8 Attention and Pain: The Role of Emotions: 9 Depression and Anxiety: Two Frequent Disturbances of Emotion under Stress; 10 Addiction and Emotions; 11 Emotions Abused: 12 Marriage and Other Close Relationships: A Two-Dimensional Look; 13 The Quality of Emotional Life at Work 14 The Preservation of Quality of Emotional Life as We Age15 The Emotional Community; 16 Some Conclusions; Notes; References; Index; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; Q; R; S; T; U; V; W; Y; Z Sommario/riassunto This work offers a fresh approach to understanding how emotions and stress influence health. Zautra presents a convincing case for

understanding our emotions in two dimensions: the pursuit of the

positive and defense against the negative.