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Altri autori (Persone)	SnyderC. R
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Nota di contenuto	Contents; Contributors; 1. Coping: Where Have You Been?; 2. Reality Negotiation and Coping: The Social Construction of Adaptive Outcomes; 3. Coping and Ego Depletion: Recovery after the Coping Process; 4. Sharing One's Story: Translating Emotional Experiences into Words as a Coping Tool; 5. Focusing on Emotion: An Adaptive Coping Strategy?; 6. Personality, Affectivity, and Coping; 7. Coping Intelligently: Emotional Intelligence and the Coping Process; 8. Learned Optimism in Children; 9. Optimism; 10. Hoping; 11. Mastery-Oriented Thinking; 12. Coping with Catastrophes and Catastrophizing 13. Finding Benefits in Adversity 14. Rebuilding Shattered Assumptions after Traumatic Life Events: Coping Processes and Outcomes; 15. Coping: Where Are You Going?; Index
Sommario/riassunto	Most people take the process of coping for granted as they go about their daily activities. In many ways, coping is like breathing, an automatic process requiring no apparent effort. However, when people face truly threatening events--what psychologists call stressors--they become acutely aware of the coping process and respond by consciously applying their day-to-day coping skills. Coping is a fundamental psychological process, and people's skills are commensurately sophisticated. This volume builds on people's

strengths and emphasizes their role as positive copers. It features techniques for
