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Autore	Zautra Alex
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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 Age 15 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.

