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This is a companion volume to Coping: The Psychology of What Works, which is also edited by Snyder. This second book includes chapters by some of the most well-known clinical and health psychologists and covers some of the newest and most provocative topics currently under study in the area of coping. The chapters look at exercise as a way of coping with stress, body imaging, the use of humor, forgiveness, control of hostile thoughts, ethnicity and coping, sexism and coping, aging and relationships, constructing a coherent life story, personal spirituality, and personal growth.