Coping with Stress: Effective People and Processes

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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.

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