This influential book features techniques for preventing psychological problems and breaks from the traditional research approach.

Like health, the ability to cope often goes unappreciated until it’s too late. This volume, breaking from the traditional focus on pathology, takes a preventative approach, focusing on new ways to improve people’s ability to cope with mental stress. This award-winning research emphasizes the role of people as positive copers. The volume collects work by leading experts and includes new research. It explores a wide variety of topics, including reality negotiation, confessing through writing, emotional intelligence, optimism, hope, mastery-oriented thinking, and more. The book will be an invaluable resource for mental health professionals, as well as a useful guide for general readers.