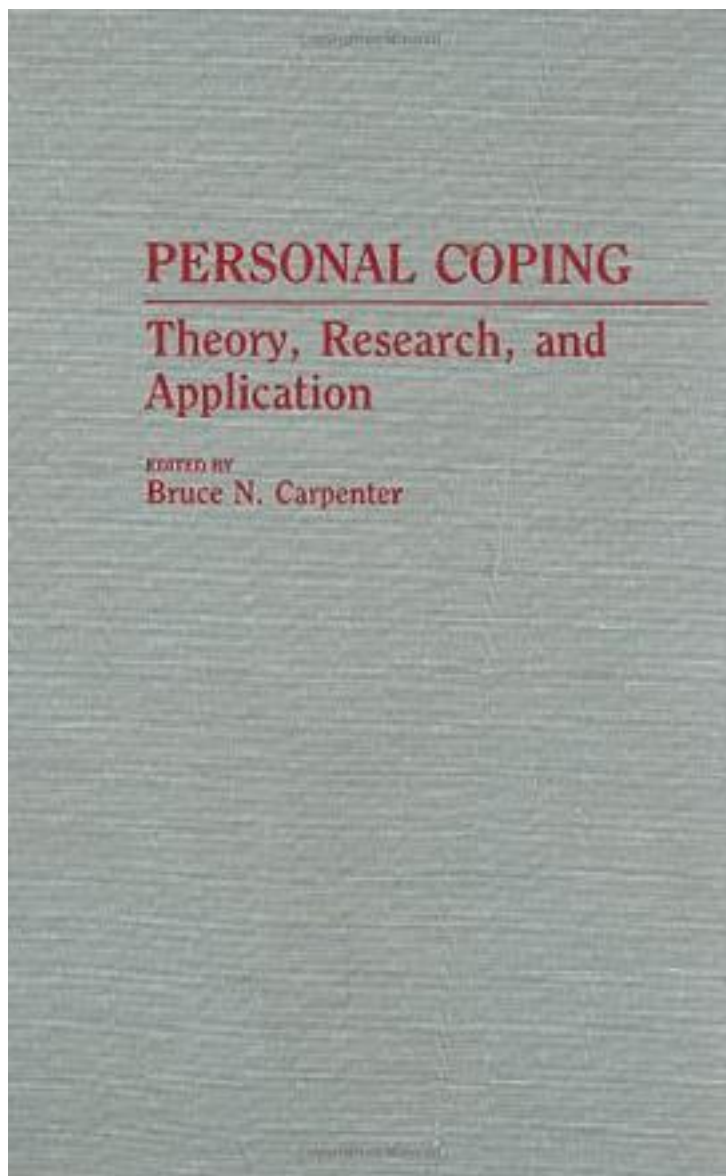


Personal Coping



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出版者:Greenwood Pub Group

出版时间:1992-10

装帧:HRD

isbn:9780275930127

This volume presents current models of coping, describes the coping process and relates that process to environmental factors, person variables, and desirable outcomes. Unlike most treatments of coping, which are organised around stress, this volume emphasises features of the coping process that have broad relevance across many potential stressors. Although each model in the book tends to emphasise different aspects of coping, the organisation around models gives each chapter a theoretical focus which will be attractive to researchers and to those applying current research to applied problems such as interventions. The most obvious audience for this book is made up of researchers and scholars in the broad area of stress and coping. With the emerging emphasis within applied programmes on more common psychological and health problems, coping theory is well suited to train students in the principles and issues relevant to everyday problems and functioning. This volume should be suited to assist in such training.

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