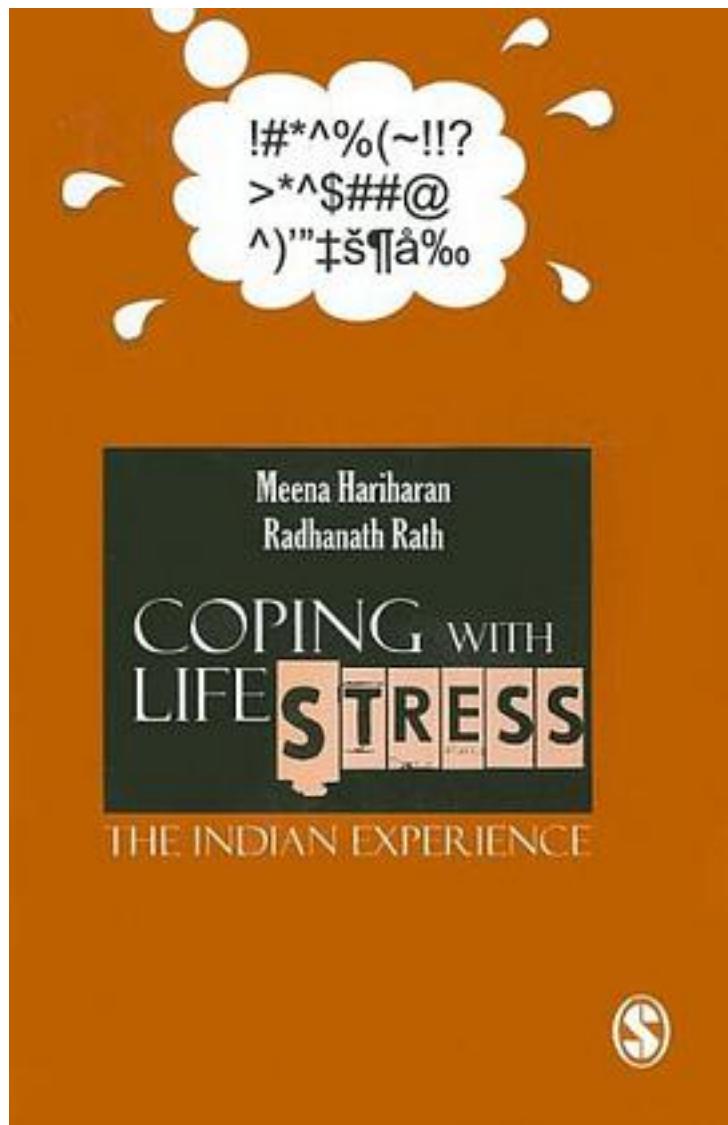


# Coping with Life Stress



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This book provides a new perspective to the theories of stress and coping. A holistic treatment related to stress and coping through Indian case reports and analysis makes this book unique. This volume provides useful theoretical and practical inputs on effective coping under varying internal and external conditions. Analysis of Indian cases with contrasts from western culture explains the role culture plays in the coping strategy. The interactive exercises included could be used as tools for diagnosis along with practical suggestions for stress management and coping for the readers.

作者介绍:

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