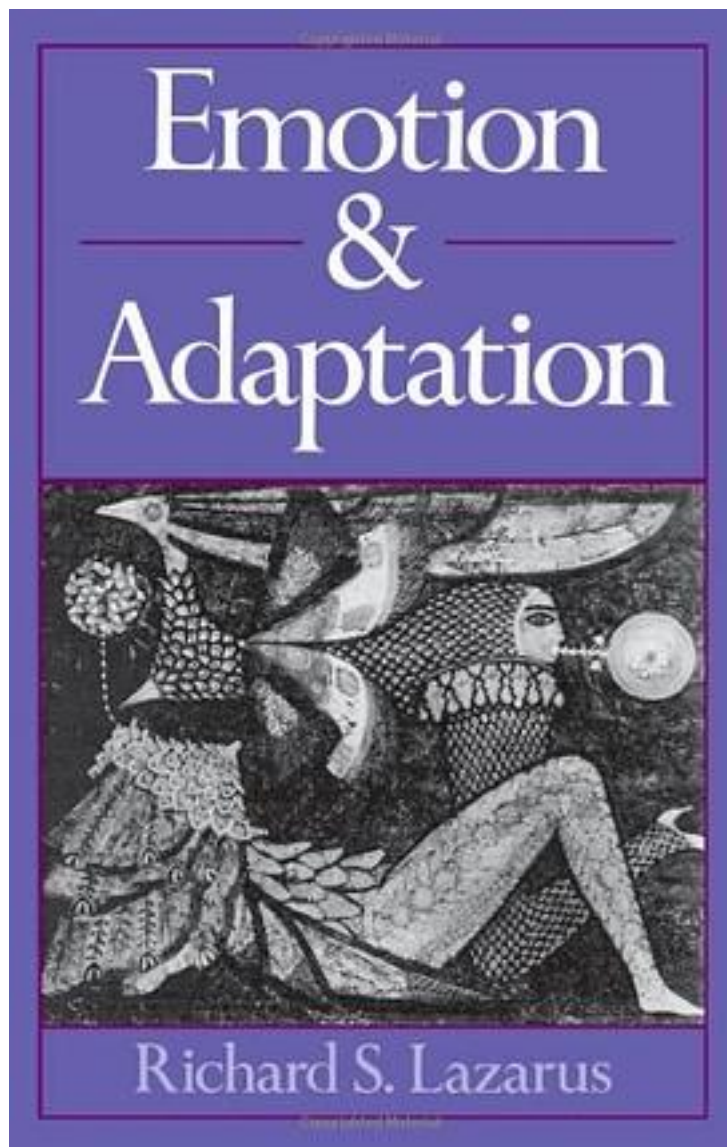


Emotion and Adaptation



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著者:Lazarus, Richard S.

出版者:Oxford University Press

出版时间:1991-8

装帧:June 1, 1994

isbn:9780195069945

This work provides a complete theory of the emotional processes, explaining how different emotions are elicited and expressed, and how the emotional range of individuals develops over their lifetime. The author's approach puts emotion in a central role as a complex, patterned, organic reaction to both daily events and long-term efforts on the part of the individual to survive, flourish and achieve. In his view, emotions cannot be divorced from other functions - whether biological, social or cognitive - and express the intimate, personal meaning of what individuals experience. As coping and adapting processes, they are seen as part of the on-going effort to monitor changes, stimuli and stresses arising from the environment.

作者介绍:

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