



Personal Coping: Theory, Research, and Application

Bruce N. Carpenter

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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 organized around stress, this volume emphasizes features of the coping process that have broad relevance across many potential stressors. Although each model in the book tends to emphasize different aspects of coping, the organization 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 is made up of researchers and scholars in the broad area of stress and coping. With the emerging emphasis within applied programs 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 is well suited to assist in such training.

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