



## Coping with Stress: Effective People and Processes

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This is a companion volume to *Coping: The Psychology of What Works*, which is also edited by Snyder. This second book includes chapters by some of the most well known clinical and health psychologists and covers some of the newest and most provocative topics currently under study in the area of coping. The contributors address the key questions in this literature: Why do some of us learn from hardship and life's stressors? And why do others fail and succumb to depression, anxiety, and even suicide? What are the adaptive patterns and behaviors of those who do well in spite of the obstacles that are thrown their way? The chapters will look at exercise as a way of coping with stress, body imaging, the use of humor, forgiveness, control of hostile thoughts, ethnicity and coping, sexism and coping aging and relationships, constructing a coherent life story, personal spirituality, and personal growth.

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