

Handbook Of Stress And The Brain

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Edited by two leading health psychologists, The Handbook of Stress Science presents a detailed overview of key topics in stress and health psychology. With discussions on how stress

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The Handbook of Stress, Trauma, and the Family is broken down into three sections, compiling research, theory and practice. The first section focuses on how traumatic stress affects intimate others, what familial characteristics affect individual susceptibility to trauma, as well as evaluation of the effectiveness of various interventions.

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About this book A comprehensive work that brings together and explores state-of-the-art research on the link between stress and health outcomes. Offers the most authoritative resource available, discussing a range of stress theories as well as theories on preventative stress management and how to enhance well-being

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The Oxford Handbook of Stress, Health, and Coping is one of the most authoritative and complete places you could start. Whether it's past research, current research, or well argued and non-

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obvious suggestions for future research, this book has it.

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The Handbook of Stress, Trauma, and the Family is broken down into three sections, compiling research, theory and practice. The first section focuses on how traumatic stress affects intimate others, what familial characteristics affect individual susceptibility to trauma, as well as evaluation of the effectiveness of various interventions.

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