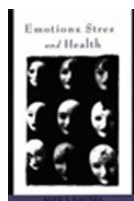


Ovid®

Emotions, Stress, and Health

Rely on Ovid as the trusted solution that transforms research into results



In this volume, Alex Zautra illustrates how experience with difficult or stressful emotional situations can, contrary to popular belief, be beneficial; for example, our ability to adapt to stress can be improved by experiencing difficult moments on emotional intensity

Zautra masterfully integrates research and theory on emotion and stress, identifying a unique and important role for stressful life events. He offers new insights into how stress and emotions can influence health and illness and demonstrates the wide applicability of this perspective across domains of love and marriage, work, aging, and community. By reviewing research on chronic pain, depression, child abuse, and addiction, Zautra also provides new insights into clinical problems.

Features:

- * Introduces a new model of emotion and its relationship to stress and health that challenges existing theories
- * Offers a rare integration of the fields of emotion and stress, addressing them simultaneously without diminishing the importance of one or the other
- * Demonstrates a wide applicability of this new perspective across domains of love and marriage, work, aging, and community

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