



Stress, Coping, and Health in Families: Sense of Coherence and Resiliency (Resiliency in Families Series)

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Rather than investigating the pathology of families under stress, this book takes the unusual step of studying individuals, families and ethnic groups moving towards health. This approach provides new insights as to why some families manage life events with relative ease and recover from adversity with renewed strength, harmony and purpose. The contributors develop the concept of a family and culturally induced sense of coherence as the key to promoting health and well-being.

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