



Individual Differences, Stress, and Health Psychology (Contributions to Psychology and Medicine)

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Individual Differences, Stress, and Health Psychology presents recent research on how individual differences lead to the variety of reactions people display to stressors. These reactions are considered particularly in their relation to health and illness. Distinguished international researchers in health psychology speculate on the future of the field and its application to developing treatments or changes in lifestyles that may prevent or alleviate such disorders as cancer, coronary heart disease, hypertension, and post-traumatic stress syndrome. The volume makes a significant contribution to the study of the relation between stress and health processes.



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