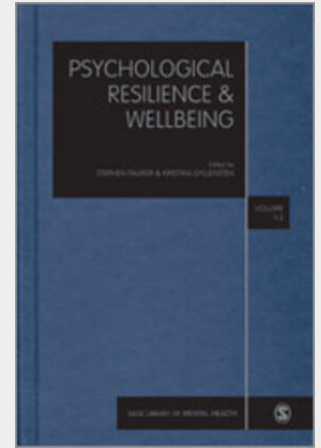


## Psychological Resilience and Wellbeing

---

Resilience and wellbeing - namely how people cope, handle and even thrive despite stress and adversity - are topics in the psychological literature canon that are gaining increasing attention. Within these fields researchers have aimed to identify individual characteristics that help to protect against hardship and difficulties such as poverty and mental illness. They have also investigated the actual process of resilience in order to understand human functioning in difficult situations. These three volumes provide the reader with access to key documents which demonstrate the evolution of this dynamic area of study over the past few decades, with each volume opening with an introductory chapter written by the editors. Volume One: The history and development of theories: Resilience and wellbeing Volume Two: The measurement of resilience and wellbeing Volume Three: The enhancement of resilience and wellbeing



**822,50 €**

768,69 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

---

**Artikelnummer:** 9781473912120  
**Medium:** Buch  
**ISBN:** 978-1-4739-1212-0  
**Verlag:** Shanaya Wagh  
**Erscheinungstermin:** 15.09.2015  
**Sprache(n):** Englisch  
**Auflage:** Third Auflage  
**Serie:** SAGE Library in Mental Health  
**Produktform:** Kartoniert  
**Gewicht:** 2041 g  
**Seiten:** 1032  
**Format (B x H):** 163 x 241 mm

