



# Emotions, Stress, and Health

*Alex J. Zautra*

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## **Emotions, Stress, and Health** Alex J. Zautra

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.



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