

Stress and Coping: An Anthology



STRESS AND COPING

An Anthology



THIRD EDITION

EDITED BY ALAN MONAT
AND RICHARD S. LAZARUS



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To Murline and Ian, Ron and Jeff, my parents,
Tillie and Harold, and to Lucy, Ernie, and Julie, and my
many other supportive family members and friends.

AM

To Bunny, David and Mary, Nancy and Rick, Jessica,
Adam, Maiya, and Ava, with love.

RSL

