



## Stress: A Brief History

*Cary L. Cooper, Philip J. Dewe*

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**Stress: A Brief History** Cary L. Cooper, Philip J. Dewe

*Stress: A Brief History* is a lively, accessible, and detailed examination of the origins of the field of stress research.

- First concise, accessible, academically grounded book on the origins of the concept of stress.
- Explores different theories and models of stress such as the psychosomatic approach, homeostasis, and general adaptation syndrome.
- Discusses the work and intriguing contributions of key researchers in the field such as Walter Cannon, Hans Selye, Harold Wolff, and Richard Lazarus.
- Explains the origins of key concepts in stress such as stressful life events, the coronary-prone personality, and appraisals and coping.
- Culminates in a discussion of what makes a good theory and what obligations stress researchers have to those whose working lives they study.

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