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Este volumen es la continuación al trabajo que dio origen a una nueva área de estudio, Estrés, Valoración y Manejo (Lazarus y Folkman, 1984). El autor presenta ahora las últimas tendencias en la teoría y la práctica, centrándose en la justificación de un enfoque cognitivo-mediador para el estrés y las emociones. Diferencia

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