



Family Stress Management (Family Studies Text series)

Pauline E. Boss

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Rather than emphasizing the problems themselves, this volume examines the prevention of family problems that are caused by stress. It helps readers understand the process of recognizing and managing events and situations that cause high stress in families and why some families go under and some survive in a context of change and tension.

The first book-length synthesis of current research on family stress, this unique text provides students with a basic understanding of where the field is today and speculates on the focus of future research; it is invaluable for classes in family studies, marriage, family therapy and related courses.

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