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Part One: Stress and Anxiety – Application to Life Span Development

The first part of the book will focus on stress and coping over the life span. This part is concerned with stressful person-environment interactions and the ways stress impacts upon individual and group functioning in different life phases. For example, many children or adolescents at certain times during their life are challenged by stress and anxiety. Sources of adolescents' stress might include school demands and frustrations due to sexuality and stress in the elderly might be caused by negative thoughts and feelings about physical deterioration and social isolation.

Part Two: Stress and Anxiety – Application to Health Promotion

The second part of this volume is dedicated to recent research on stress and emotions in the context of health promotion. Over time, stress and anxiety may lower resistance and make people more vulnerable to illness. In terms of antecedents, side effects or consequences, stress and emotions cause limitations in physical and psychological functioning, leading to a variety of serious health problems.

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