



Family Stress Management

Pauline E. Boss

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Why do some families survive stressful situations while others fall apart? Can a family's beliefs and values be used as a predictor of vulnerability to stress? And most importantly, can family stress be prevented? In this **Second Edition**, Pauline Boss continues to explore both the larger context surrounding families and stress and the inner context, which includes perceptions and meanings. The author emphasizes the need for a more general contextual model of family stress that may be applicable to a wider diversity of people and families as well as a wider variety of stresses and crises than other models. The goal is to provide a framework for students and professionals engaged in helping families learn how to manage their stress.

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