



Stress, Coping, and Disease (Stress and Coping Series)

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The third volume based on the annual University of Miami Symposia on Stress and Coping, this book focuses on the role of biophysical factors in four of the greatest health problems confronting us today: cardiovascular disease, diabetes, cancer, and the AIDS epidemic. In each of these disorders, stress is seen as a contributing factor that interacts with other variables such as genetic influences or constitutional factors. Accordingly, the behavioral treatments discussed are often designed to change lifestyles, reduce stress, or improve adherence to therapeutic regimens. This volume provides a solid theoretical base which should stimulate further research into biobehavioral mechanisms and treatments for the disorders it examines.

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