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Dr. Lazarus and his collaborator, Dr. Susan Folkman, present here a detailed theory of psychological stress, building on the concepts of cognitive appraisal and coping which have become major themes of theory and investigation. Springer Publishing Company New York. Richard S. Lazarus, Ph.D. This article first presents two theories representing distinct approaches to the field of stress research: Selye's theory of 'systemic stress' based in physiology and psychobiology, Dr. Lazarus and his collaborator, Dr. Susan Folkman, present here a detailed theory of psychological stress, building on the concepts of cognitive appraisal and coping which Lazarus and his collaborator, Dr. Susan Folkman, present here a detailed theory of psychological stress, building on the concepts of cognitive appraisal and coping which STRESS, APPRAISAL, AND COPING.

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