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Family Stress Management: A Contextual Approach

Pauline E. Boss, Chalandra M. (Matrice) Bryant, Jay A. Mancini

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The **Third Edition** of **Family Stress Management** by Pauline Boss, Chalandra M. Bryant, and Jay A. Mancini continues its original commitment to recognize both the external and internal contexts in which distressed families find themselves. With its hallmark Contextual Model of Family Stress (CMFS), the **Third Edition** provides practitioners and researchers with a useful framework to understand and help distressed individuals, couples, and families. The example of a universal stressor—a death in the family—highlights cultural differences in ways of coping. Throughout, there is new emphasis on diversity and the nuances of family stress management—such as ambiguous loss—plus new discussions on family resilience and community as resources for support.

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