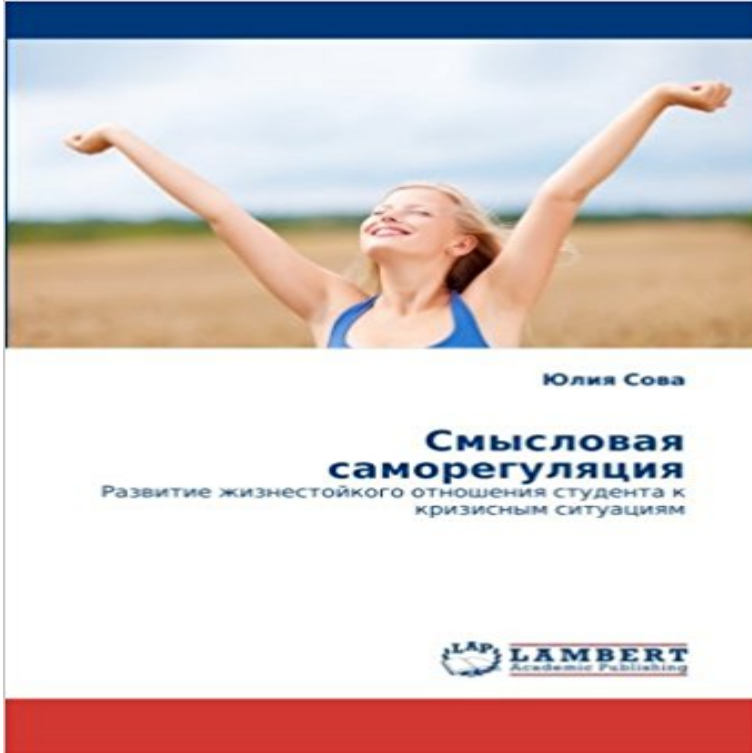


## Smyslovaya samoregulyatsiya: Razvitie zhiznestoykogo otnosheniya studenta k krizisnym situatsiyam (Russian Edition)



Monografiya posvyashchena izucheniyu protsessa smyslovoy samoregulyatsii kak sposoba formirovaniya zhiznestoykogo otnosheniya lichnosti k krizisnym situatsiyam, vklyuchaet teoreticheskie i empiricheskie aspekty rassmatrivaemoy problemy. Avtor opisyvaet sushchnost, strukturu protsessa pereosmysleniya krizisnogo sobytiya, sposoby preodoleniya zhiznennykh trudnostey. Osoboe vnimanie udelyaetsya analizu faktorov, vliyayushchikh na otsenku zhiznennykh sobytii kak trudnykh i nepreodolimykh. V monografii raskryvaetsya psikhologicheskii portret lichnosti, sposobnoy protivostoyat zhiznennym nevzgodam i stoyko perenosit krizisnye situatsii. Vnimanuyu chitateley predstavlena programma treningovykh zanyatii, napravlennykh na razvitie sposobnosti regulirovat svoe otnoshenie k krizisnoy situatsii posredstvom izmeneniya smysla. Dannaya programma dokazala svoyu effektivnost v vide povysheniya pokazatelya zhiznestoykosti (na primere studentov vuza). Izdanie adresovano uchenym, prakticheskim psikhologam, spetsialistam, rabotayushchim v oblasti krizisnoy psikhologii, studentam, a takzhe vsem, kto interesuetsya problemami razvitiya lichnosti.

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