

## Description

The aim of the book is to present the Coping Circumplex Model (CCM) designed to integrate various coping constructs. The monograph begins with a review of stress theories and coping models. After that, current problems in stress psychology are described. In an attempt to address some of the above issues, the CCM and its development is described. Finally, the book presents an empirical verification of the CCM and provides a discussion of the results.

The CCM offers a new way of thinking about coping with stress. It integrates various coping categories, but it may also elucidate some contradictory findings about relationships between coping (e.g., different forms of problem avoidance) and distress depending on situation controllability. It may provide a suitable space for the integration of coping with other constructs (e.g., personality dimensions, dark triad, emotion regulation processes) and adjustment after trauma. The CCM may also foster the generation of new hypotheses in stress psychology and emotion regulation, (e.g., concerning the relationship between the continuum of reinterpretation and experienced emotions).

*The Coping Circumplex Model: A Theoretical Synthesis of Coping Constructs and Its Empirical Verification* can be useful for psychology academics interested in coping and stress research, emotion regulation, personality psychology, for researchers in fields close to psychology, such as medicine or sociology, as well as for undergraduate and postgraduate psychology students.

## Reviews

What makes this monograph unique? First, the systematic and reliable reporting of the state of knowledge on coping with stress. ... The Author's erudition in this respect is truly profound – the book can be an extremely valuable source of knowledge about coping styles for all readers, even those who are not only interested in the Author's model, but also look for systematized knowledge about the state of research in this field.

Second, the originality of the Author's model of coping styles. ... I believe that it represents an original approach of very high theoretical importance. In addition, the effect in the form of the developed tool (i.e., the Coping Circumplex Inventory), enabling the measurement of coping styles with stress in accordance with the Coping Circumplex Model, clearly indicates that the Author's ambitious project ended with a research success (also in the sense that it is complete), constituting a valuable research inspiration for other authors.

prof. dr hab. Bogdan Zawadzki

University of Warsaw

When analyzing the content of the theoretical part, I consider the transition from categorical to dimensional thinking about coping strategies to be the most interesting theoretical idea. ... It should be remembered that the dimensionality of coping is not a new idea. This idea has been present in the scientific discourse since the 1970s. However, until now, it has mainly referred to an understanding of a coping style based on the dimension of approach-avoidance of a stressful stimulus. What the Author did and demonstrated is to create and verify the idea that we can think dimensionally about coping strategies as well.

dr hab. Michał Ziarko

Adam Mickiewicz University Poznań

The Coping Circumplex Model proposed by Krzysztof Stanisławski is a new and very important contribution to the existing knowledge on the phenomenon of stress. The Author has succeeded in constructing a coping model that neatly organizes knowledge about coping with stress. Likewise, the Author's Coping Circumplex Inventory is an interesting new tool for the measurement of coping.

dr hab. Małgorzata Sobol-Kwapińska

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