

A person with dark hair is sitting on a wooden chair, covering their face with their hands. They are wearing a grey long-sleeved shirt and blue jeans. The background is a plain, light-colored wall. A semi-transparent white oval is overlaid on the image, containing the text.

*Managing
Family Stress: Tips
for Coping with
Major Life
Changes*

Coping With Traumas Of Family Life

Patricia Gonce Morton, Paul Thurman



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