



# **Social Support in Couples: Marriage as a Resource in Times of Stress (SAGE Series on Close Relationships)**

*Carolyn E. Cutrona*

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Social support is vital in long-term relationships of couples. This volume provides a rich understanding of this support system.

Following an overview of definitions and conceptualizations of social support, Cutrona explores everyday acts that communicate caring and concern in dyads, discussing such issues as: gender-related differences; the interplay between supportive and destructive interactions; and high stress levels experienced during chronic illness. She also suggests specific techniques for therapists to use when assisting couples who want to increase the quality and frequency of mutual support.

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