



## The Power of Resilience

By Robert Brooks

McGraw-Hill. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.6in. x 5.5in. x 1.0in. FROM THE AUTHORS OF THE LANDMARK RAISING RESILIENT CHILDREN COMES A GUIDE TO RESILIENT LIVING FOR ADULTS Brooks and Goldstein have created a uniquely wise guide summarizing a vast amount of research into a practical set of strategies to overcome adversity and live a stress-hardy life. --Jack Canfield, author of Chicken Soup for the Soul Continuing their pioneering work on resilience, Brooks and Goldstein now show how and why it is never too late for adults to find strength and safety in life. A superb book! -- Edward Hallowell, M. D. , author of Driven to Distraction and The Childhood Roots of Adult Happiness What is the source of the inner peace and selfconfidence that allows some people to see each new challenge as an exciting opportunity, while others see only defeat and stress Is such admirable resilience something you have to be born with, or can anybody learn to have it Readers get the answers to these and other profound life questions in The Power of Resilience. In this breakthrough guide, the authors show adults how to call forth and nurture the power of resilience in themselves....



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