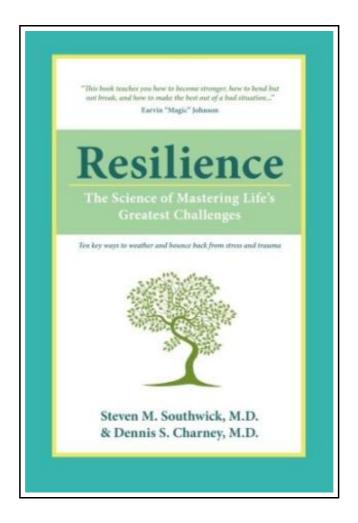
Resilience



Filesize: 5.73 MB

Reviews

It in a of the best publication. It is among the most remarkable publication i have read through. Your lifestyle period will be change once you complete reading this article publication. (Crystal Rolfson)

RESILIENCE



To download **Resilience** PDF, remember to click the hyperlink beneath and save the ebook or have accessibility to other information which might be highly relevant to RESILIENCE book.

Book Condition: New. Publisher/Verlag: Cambridge University Press | The Science of Mastering Life's Greatest Challenges | An inspiring guide to coping with stress and adversity, written by world experts. Incorporates real-life interviews and up-to-date scientific research. | Many of us will be struck by one or more major traumas sometime in our lives. Perhaps you have been a victim of sexual abuse, domestic violence or assault. Perhaps you were involved in a serious car accident. Perhaps you are a combat veteran. Maybe you were on the beach in Thailand during a tsunami, or in New Orleans during Hurricane Katrina. Or maybe, you are among the millions who have suffered a debilitating disease, lost a loved one or lost your job. This inspiring book identifies ten key ways to weather and bounce back from stress and trauma. Incorporating the latest scientific research and dozens of interviews with trauma survivors, it provides a practical guide to building emotional, mental and physical resilience. Written by experts in post-traumatic stress, this book provides a vital and successful roadmap for overcoming the adversities we all face at some point in our lives. | Preface; 1. What is resilience?; 2. Optimism: belief in a brighter future; 3. Facing fear: an adaptive response; 4. Moral compass, ethics and altruism: doing what is right; 5. Religion and spirituality: drawing on faith; 6. Social support: learning the tap code; 7. Training: physical fitness and strengthening; 8. Brain fitness: challenge your mind and heart; 9. Role models: providing the road map; 10. Cognitive and emotional flexibility; 11. Meaning, purpose and growth; 12. The practice of resilience; Index. | Format: Paperback | Language/Sprache: english | 478 gr | 234x156x15 mm | 250 pp.



Read Resilience Online
Download PDF Resilience

Relevant PDFs



[PDF] Would It Kill You to Stop Doing That?

Access the hyperlink under to read "Would It Kill You to Stop Doing That?" file.

Save Book »



[PDF] Violet Rose and the Surprise Party

Access the hyperlink under to read "Violet Rose and the Surprise Party" file.

Save Book »



[PDF] Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children (Paperback)

Access the hyperlink under to read "Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children (Paperback)" file.

Save Book »



[PDF] Study and Master English Grade 6 Core Reader: First Additional Language

Access the hyperlink under to read "Study and Master English Grade 6 Core Reader: First Additional Language" file.

Save Book »



[PDF] My Windows 8.1 Computer for Seniors (2nd Revised edition)

Access the hyperlink under to read "My Windows 8.1 Computer for Seniors (2nd Revised edition)" file.

Save Book »



[PDF] Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Access the hyperlink under to read "Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large" file.

Save Book »