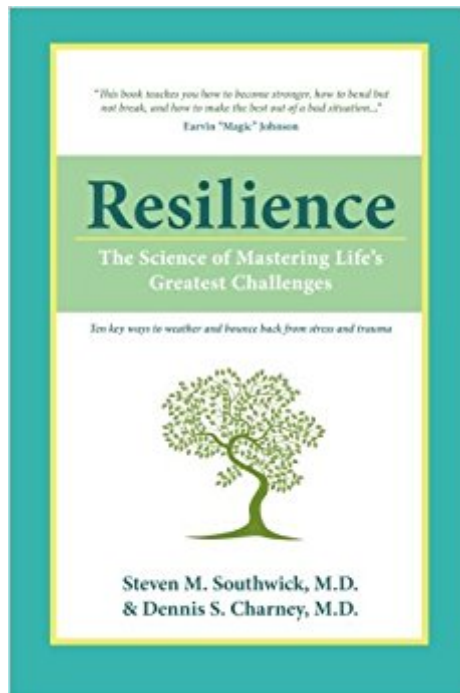


The book was found

Resilience: The Science Of Mastering Life's Greatest Challenges



Synopsis

Many of us are struck by major trauma sometime in our lives. This inspiring book identifies ten key ways to weather and bounce back from stress and trauma. Incorporating the latest scientific research and interviews with trauma survivors, it provides a practical guide to building emotional, mental and physical resilience.

Book Information

Paperback: 240 pages

Publisher: Cambridge University Press; 1 edition (July 23, 2012)

Language: English

ISBN-10: 0521195632

ISBN-13: 978-0521195638

Product Dimensions: 6.1 x 0.5 x 9.2 inches

Shipping Weight: 15.5 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 53 customer reviews

Best Sellers Rank: #68,522 in Books (See Top 100 in Books) #126 in Books > Textbooks > Medicine & Health Sciences > Medicine > General #325 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality #1019 in Books > Medical Books > Psychology > General

Customer Reviews

"This book is awesome. Nobody can predict the future and we all know that tragedy can strike at anytime. This book teaches you how to become stronger, how to bend but not break, and how to make the best out of a bad situation. The authors are real scientists-they cut through all the fluff out there and show you how to toughen up for the challenges that lie ahead. This book teaches you that you're a lot stronger than you think...that you are resilient." Earvin "Magic" Johnson"[The authors] have written a crisp, user-friendly guide to the latest scientific research on resilience. With a light touch, they illuminate what seems to be every major study in the field over the last 20 years." -- Washington Independent Review of Books "This brief but powerful book makes an important contribution to our understanding of trauma and the psychological, biological, and social factors that can help us triumph over adversity." --ForeWord "Resilience: The Science of Mastering Life's Greatest Challenges deserves a wide audience. Its mixture of case accounts and current reviews of the scientific literature on resiliency makes for an enjoyable and informative read." --PsycCritiques

Many of us are struck by major trauma sometime in our lives. This inspiring book identifies ten key ways to weather and bounce back from stress and trauma. Incorporating the latest scientific research and interviews with trauma survivors, it provides a practical guide to building emotional, mental and physical resilience.

Good book to read and understand how our brain work. Good news is that we change our negative thoughts. Our brain is flexible.

One of the more inspirational books on what really makes a difference in the lives of people who know how to bounce back and who provide great leadership and set examples for others around to follow!

loved this book for straight forward information to develop resilience

Mostly aimed at PTSD sufferers, but useful info for the rest of us.

Excellent book by Dr. Southwick.

This is a well-written summary of why some people are more resilient than others. There has been much research in this field in the past 10-15 years, and Southwick carefully translates these findings into general terms that the lay person can understand. Each chapter concerns one personality trait or life resource that increases a person's resilience, such as having an optimistic outlook or having social support. Each chapter is also followed by a list of sources that can direct the reader to the research studies that the book is based on.

The stories and examples given from true life experiences of people who went through the trauma of 9/11 and special ops situations, POWs and health experiences really makes it hard to put down. You also learn concepts and perspective that will help you and yours regardless of your life experiences. If you want to understand more about being or becoming a resilient person, read this book.

Great read , particularly liked the blend of brain science with real life accounts from resilient people. Felt that there was a slightly heavy focus on military perspectives, though plenty of civilian stories to

back it up. Practice these factors and you will become more resilient!

[Download to continue reading...](#)

Resilience: The Science of Mastering Life's Greatest Challenges Resilience Engineering in Practice: A Guidebook (Ashgate Studies in Resilience Engineering) Professional Nursing: Concepts & Challenges, 7e (Professional Nursing; Concepts and Challenges) Picture Perfect Practice: A Self-Training Guide to Mastering the Challenges of Taking World-Class Photographs (Voices That Matter) The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire (20th Anniversary Edition) The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire Crazy-Stressed: Saving Today's Overwhelmed Teens with Love, Laughter, and the Science of Resilience Freezing Colloids: Observations, Principles, Control, and Use: Applications in Materials Science, Life Science, Earth Science, Food Science, and Engineering (Engineering Materials and Processes) Five Easy Theses: Commonsense Solutions to America's Greatest Economic Challenges Sherlock Holmes' Rudimentary Puzzles: Riddles, Enigmas and Challenges Inspired by the World's Greatest Crime-Solver Enlightened Aging: Building Resilience for a Long, Active Life Schooling for Resilience: Improving the Life Trajectory of Black and Latino Boys (Youth Development and Education Series) The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience, and Take Back Your Life (The Instant Help Solutions Series) How to Draw Manga: Mastering Manga Drawings (How to Draw Manga Girls, Eyes, Scenes for Beginners) (How to Draw Manga, Mastering Manga Drawings Book 2) Mastering German: with 15 Compact Discs (Mastering Series: Level 1 CD Packages) Mastering Italian: with 15 Compact Discs (Mastering Series: Level 1 CD Packages) Mastering Spanish, Level One with Audio CDs (Mastering Series/Level 1 Compact Disc Packages) Mastering Composition: Techniques and Principles to Dramatically Improve Your Painting (Mastering (North Light Books)) Mastering Corporate Tax (Carolina Academic Press Mastering) Official Guide to Mastering DSST Exams Volume II: 2 (Peterson's Official Guide to Mastering Dsst Exams)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)