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Descrizione fisica	1 online resource (vii, 195 pages) : digital, PDF file(s)
Disciplina	155.2/4
Soggetti	Resilience (Personality trait) Adaptability (Psychology)
Lingua di pubblicazione	Inglese
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Machine generated contents note: 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.
Sommario/riassunto	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.
