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Sommario/riassunto	Our resilience, or capacity to bounce back and even thrive in pressured times, is critical in workplaces today. With higher workloads, declining resources and frequent change, together with the hectic pace of personal lives, resilience is almost a key to survival. Resilient people are more optimistic, adaptable and independent. They are also better at solving problems and have sound levels of self-control. Based on sound psychological theory, Building Resilience at Work is a practical and easy-to-read book providing a proven path to self-help in developing personal resilience.