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Soggetti	Resilience (Personality trait)
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 245-266) and index.
Nota di contenuto	pt. I. What we can learn from resilient people -- pt. II. How resilient people use culture, spirituality, and support systems to improve their social and emotional functioning -- pt. III. Examples of resilience across areas of psychosocial difficulty -- pt. IV. Practice implications.
Sommario/riassunto	Resilience is a human trait that is key to understanding how people successfully cope with crisis and trauma. This book explains the inner self-healing processes of resilient people and helps people training in the helping professions to learn to use these processes in working with their clients.