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Sommario/riassunto	The purpose of this book is to help health professionals learn how to enhance resilience in patients with serious health problems such as somatizing disorders and specific physical diseases who are usually resistant to psychosocial approach. Furthermore, this book will be able to help the general public learn how to enhance resilience and promote health in difficult situations. 'Resilience-enhancing approach' (REA)

refers to a variety of therapeutic modalities enhancing resilience, that is, biopsychosociospiritual approach. It includes biological therapy (psychopharmacotherapy), stress management, cognitive behavioral therapy, and spiritual approach. Therefore, therapists should have knowledge about resilience and spirituality as well as these therapeutic modalities. A variety of clinical cases are illustrated, helping therapists understand how to enhance resilience in patients with somatizing disorders and specific physical diseases. Therefore, the REA can be not only a therapeutic but also a preventive intervention.

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