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The Complete Guide to Resilience (Paperback)

By Glenn R Schiraldi

Resilience Training International, United States, 2011.

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Description Why do some people sail through life's storms well, while others are knocked down and out, never to fully recover?

Resilience is the key! This book shows you how to bounce back and thrive in any difficult situation. You'll learn how to

optimize brain function, performance, and mood-while helping to prevent and recover from stress-related conditions

like post-traumatic stress and depression. You'll master skills previously taught only in clinical, academic, and elite training

settings. The Complete Guide to Resilience is the essential

resource for emergency responders, military, business professionals, athletes, leaders, trainers, helping professionals,

parents, teachers, youth-in short, every individual. Review

Comments This is a great book! Comprehensive, authoritative, understandable, practical. Dr. Schiraldi has pulled together the

current research for mind and body, and produced a How-To guide to inoculate you and those you care about against the

inevitable trials of life. Even better, it is a guide to healthy,

happy, fulfilling living in general. I'm getting a copy for every

member of my family. (Thomas W. Garrett, Major General, Retired, U.S....



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Reviews

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