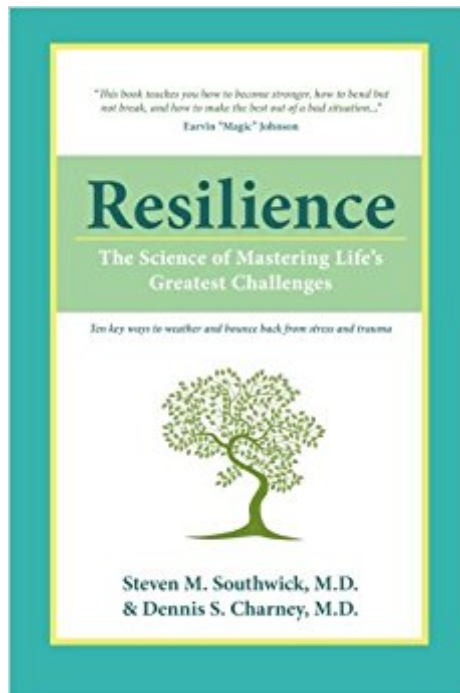


The book was found

Resilience: The Science Of Mastering Life's Greatest Challenges



Synopsis

Many of us are struck by major trauma sometime in our lives. This inspiring book identifies ten key ways to weather and bounce back from stress and trauma. Incorporating the latest scientific research and interviews with trauma survivors, it provides a practical guide to building emotional, mental and physical resilience.

Book Information

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Customer Reviews

"This book is awesome. Nobody can predict the future and we all know that tragedy can strike at anytime. This book teaches you how to become stronger, how to bend but not break, and how to make the best out of a bad situation. The authors are real scientists-they cut through all the fluff out there and show you how to toughen up for the challenges that lie ahead. This book teaches you that you're a lot stronger than you think...that you are resilient." Earvin "Magic" Johnson"[The authors] have written a crisp, user-friendly guide to the latest scientific research on resilience. With a light touch, they illuminate what seems to be every major study in the field over the last 20 years." -- Washington Independent Review of Books "This brief but powerful book makes an important contribution to our understanding of trauma and the psychological, biological, and social factors that can help us triumph over adversity." --ForeWord "Resilience: The Science of Mastering Life's Greatest Challenges deserves a wide audience. Its mixture of case accounts and current reviews of the scientific literature on resiliency makes for an enjoyable and informative read." --PsycCritiques

Many of us are struck by major trauma sometime in our lives. This inspiring book identifies ten key ways to weather and bounce back from stress and trauma. Incorporating the latest scientific research and interviews with trauma survivors, it provides a practical guide to building emotional, mental and physical resilience.

Good book to read and understand how our brain work. Good news is that we change our negative thoughts. Our brain is flexible.

One of the more inspirational books on what really makes a difference in the lives of people who know how to bounce back and who provide great leadership and set examples for others around to follow!

loved this book for straight forward information to develop resilience

Mostly aimed at PTSD sufferers, but useful info for the rest of us.

Excellent book by Dr. Southwick.

This is a well-written summary of why some people are more resilient than others. There has been much research in this field in the past 10-15 years, and Southwick carefully translates these findings into general terms that the lay person can understand. Each chapter concerns one personality trait or life resource that increases a person's resilience, such as having an optimistic outlook or having social support. Each chapter is also followed by a list of sources that can direct the reader to the reatesearch studies that the book is based on.

The stories and examples given from true life experiences of people who went through the trauma of 9/11 and special ops situations, POWs and health experiences really makes it hard to put down. You also learn concepts and perspective that will help you and yours regardless of your life experiences. If you want to understand more about being or becoming a resilient person, read this book.

Great read , particularly liked the blend of brain science with real life accounts from resilient people. Felt that there was a slightly heavy focus on military perspectives, though plenty of civilian stories to

back it up. Practice these factors and you will become more resilient!

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