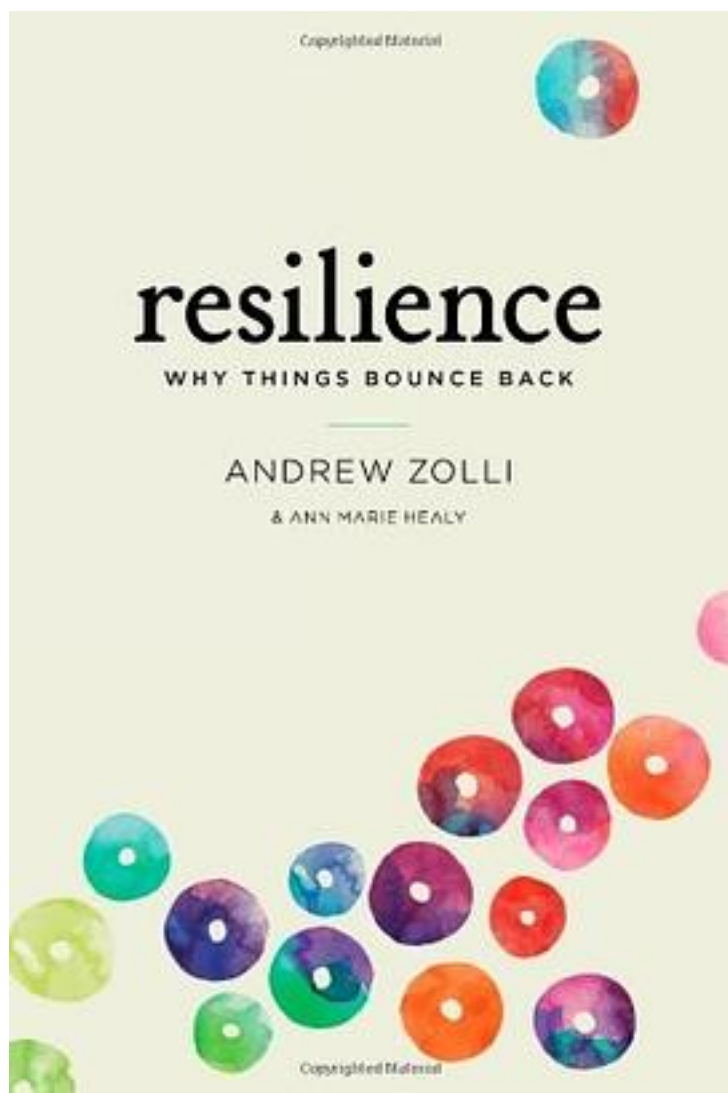


Resilience



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Learn to come back from life's inevitable crises by making friends with stress! There's no escaping stress. It appears on our doorstep uninvited in the shattering forms of death and divorce, or even in the pleasant experiences of promotion, marriage, or a long-held wish fulfilled. Anything that upsets the delicate balance of our daily lives creates stress. So why do some people come out of a crisis while others never seem quite themselves again? Now, Dr. Frederic Flach takes the anxiety out of hard times by showing you how to embrace your fears and become stronger because of them. Drawing on over thirty years of experience, Flach reveals the remarkable antidote to the destructive qualities of stress: RESILIENCE. Readers will discover: how to develop the 14 traits that will make you more resilient; why "falling apart" is the smartest step to take on the road to resilience, the sanity-saving technique of distracting yourself, the helpful five-step plan for creative problem-solving, the power of language to destroy and heal...and more!

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