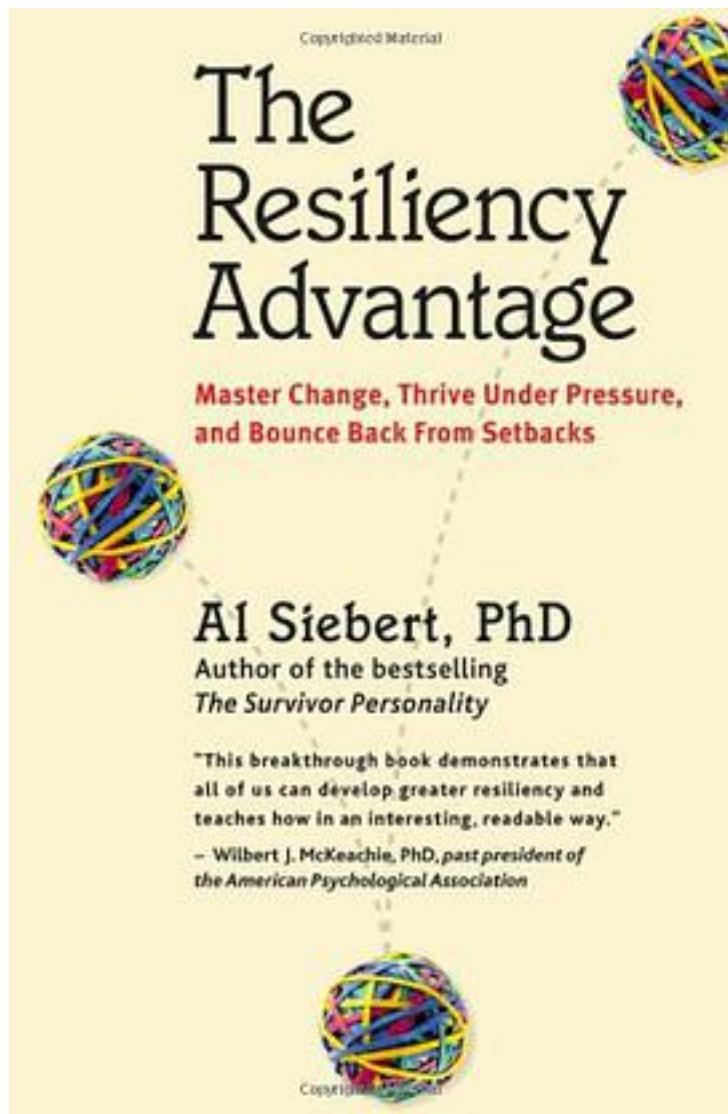


The Resiliency Advantage



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在线阅读本书

Resiliency the ability to adapt to life's changes and crises is the key to a healthy, productive life. Unfortunately, it's all too easy to get bogged down by feelings of anger and helplessness. The Resiliency Advantage helps readers banish negative, self-defeating thoughts and break free from the roles of "victim" and "good child" while improving problem-solving skills, maintaining humor and optimism during rough times, and becoming both self-reliant and socially responsible. By mastering the five stages of development sustaining health, energy, and positive feelings; handling challenges; achieving positive self-esteem, self-confidence, and self-concept; honing the skills and attributes of highly resilient people; and developing a talent for serendipity readers learn to stand up to adversity, overcome obstacles, and meet life head on.

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