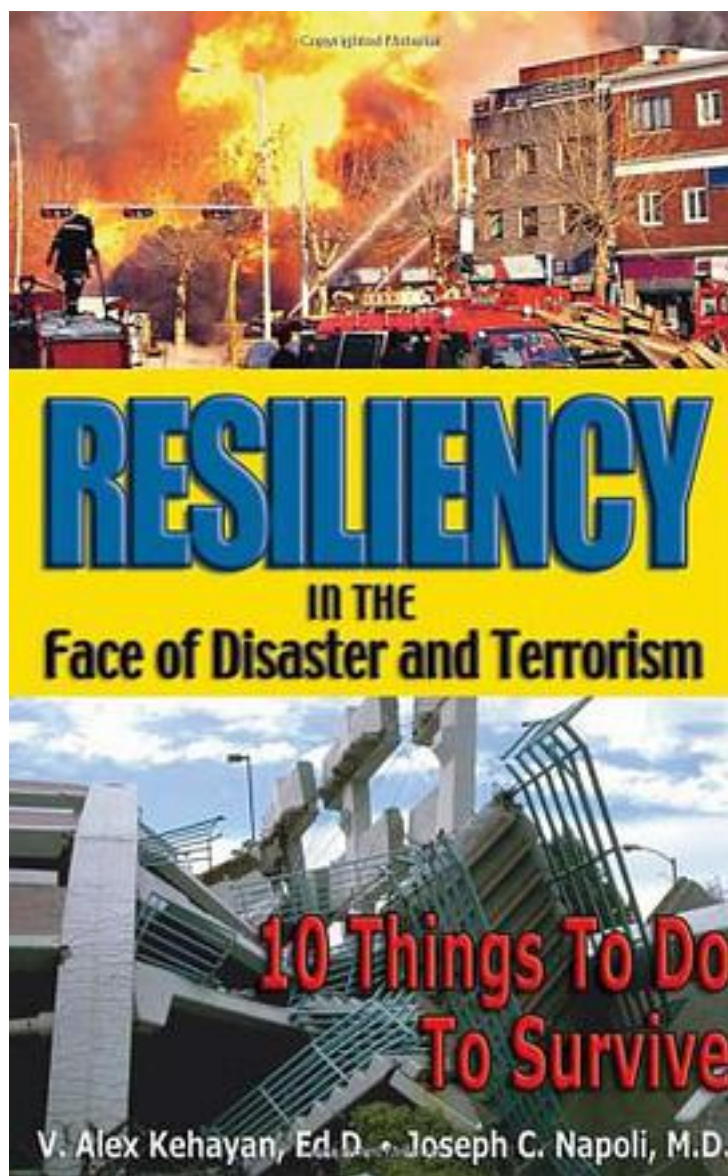


Resiliency in the Face of Disaster and Terrorism



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Addressing issues of physical and mental health, this practical pocket guide offers concrete strategies for surviving a disaster and outlines how to best sustain mental health and emotional resiliency long after the event is over. Ten streamlined chapters present a clear path of response to stressful events of any scale, from individual traumas to terrorism. Readers immediately benefit from the reassurance that comes from having a map for responding appropriately. They also learn what to say and not to say to comfort and support others, sustaining communities if catastrophe strikes. Reassuring in a time of uncertainty, this handbook empowers readers with a collection of personal tools to prevent, prepare for, respond to, and recover from calamity.

作者介绍:

目录:

[Resiliency in the Face of Disaster and Terrorism_ 下载链接1_](#)

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