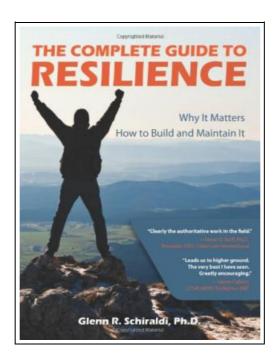
# The Complete Guide to Resilience



Filesize: 6.71 MB

## Reviews

An exceptional ebook along with the typeface employed was intriguing to see. It really is simplistic but surprises within the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Brian Miller)

#### THE COMPLETE GUIDE TO RESILIENCE



Resilience Training International, United States, 2011. Paperback. Book Condition: New. 277 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Product DescriptionWhy 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. Army) With extensive experience in military, mental health, academic, and international crisis environments, Dr. Glenn Schiraldi is uniquely prepared to offer excellent and expert guidance in developing and maintaining resilience. In The Complete Guide to Resilience .we are guided to the best principles and practices for optimizing our physical, mental, emotional, and spiritual health and fitness, for managing new crises or post-traumatic stress disorder from the past, and for achieving great creativity and well-being under challenging circumstances. As in his previous books, Dr. Schiraldi again offers wise, caring, comprehensive, and accessible guidance. We can rely on him with trust



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