



DOWNLOAD



## The Building Resiliency Workbook

---

By EdD

Whole Person Associates, Inc. No binding. Book Condition: New. Spiral-bound. 122 pages. Dimensions: 10.9in. x 8.7in. x 0.3in. Resiliency has been defined as the ability to: Manage life's challenges, stresses, changes, and pressures effectively; cope and adapt successfully to adversity; bounce back to a balanced state after facing a major disruption in life or career. People have an innate ability to demonstrate resiliency when they have resiliency skills built into their lives. Resilient people are able to adapt successfully under adverse circumstances such as: poverty, mental illness, disasters, terrorism, physical or psychological trauma, divorce, job loss, prison, loss of a loved one, parent's divorce, prolonged stress, physical or sexual abuse, or a lack of safety. Resiliency, or a positive behavioral adaptation, is critical when people encounter any type of trauma. The Building Resiliency Workbook contains five separate sections to help participants learn more about themselves and how to build resiliency which will enable them to thrive in times of adversity, change and stress. They will learn about the importance of building resiliency skills to turn change and stress into opportunities and challenge, to live life zestfully, and to take positive actions in order to live their lives with less stress....



**READ ONLINE**  
[ 3.78 MB ]

### Reviews

*The ebook is straightforward in read through preferable to comprehend. It is definitely simplified but shocks within the fifty percent of your pdf. Your lifestyle span is going to be transform when you total reading this publication.*

-- **Dr. Jarrett Bednar**

*Very useful to all of class of individuals. It is really simplistic but excitement from the 50 % in the ebook. I realized this ebook from my i and dad recommended this pdf to learn.*

-- **Miss Odessa Kunde**