


Resilience: The Science of Mastering Life's Greatest Challenges

By Steven M. Southwick, Dennis S. Charney

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Many of us are struck by major trauma sometime in our lives. This inspiring book identifies ten key ways to weather and bounce back from stress and trauma. Incorporating the latest scientific research and interviews with trauma survivors, it provides a practical guide to building emotional, mental and physical resilience.

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Editorial Review

Review

"This book is awesome. Nobody can predict the future and we all know that tragedy can strike at anytime. This book teaches you how to become stronger, how to bend but not break, and how to make the best out of a bad situation. The authors are real scientists-they cut through all the fluff out there and show you how to toughen up for the challenges that lie ahead. This book teaches you that you're a lot stronger than you think...that you are resilient." Earvin "Magic" Johnson

"[The authors] have written a crisp, user-friendly guide to the latest scientific research on resilience. With a light touch, they illuminate what seems to be every major study in the field over the last 20 years." -- Washington Independent Review of Books

"This brief but powerful book makes an important contribution to our understanding of trauma and the psychological, biological, and social factors that can help us triumph over adversity." --ForeWord

"Resilience: The Science of Mastering Life's Greatest Challenges deserves a wide audience. Its mixture of case accounts and current reviews of the scientific literature on resiliency makes for an enjoyable and informative read." --PsycCritiques

About the Author

Steven M. Southwick is Professor of Psychiatry, Yale University School of Medicine and Yale Child Study Center, New Haven, CT, USA.

Dennis S. Charney is Dean and Professor of Psychiatry, Neuroscience and Pharmacology and Systems Therapeutics, Mount Sinai School of Medicine, New York, NY, USA.

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