



## 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 lifes 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**  
[ 3.47 MB ]

### Reviews

*An incredibly great book with perfect and lucid answers. Better then never, though i am quite late in start reading this one. You will not sense monotony at whenever you want of the time (that's what catalogues are for relating to if you question me).*

-- **Nannie Lindgren Jr.**

*This book is fantastic. It normally fails to price excessive. Your daily life span will likely be enhance once you total reading this publication.*

-- **Heath Prosacco**

## Other eBooks

---



### **Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...

---



### **Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values**

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...

---



### **The Day I Forgot to Pray**

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...

---



### **Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One**

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...

---



### **The Birds Christmas Carol**

Digireads.com. Paperback. Book Condition: New. Paperback. 34 pages. Dimensions: 7.8in. x 4.8in. x 0.3in.Kate Douglas Wiggin (1856-1923) was an important reformer of childrens education at the turn of the century. During a period when childrens place in society was little other than...

---



### **DK Readers Animal Hospital Level 2 Beginning to Read Alone**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...

---