



The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles

By Karen Reivich, Andrew Shatte

Random House USA Inc. Paperback / softback. Book Condition: new. BRAND NEW, The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles, Karen Reivich, Andrew Shatte, Resilience is a crucial ingredient-perhaps "the" crucial ingredient-to a happy, healthy life. More than anything else, it's what determines how high we rise above what threatens to wear us down, from battling an illness, to bolstering a marriage, to carrying on after a national crisis. Everyone needs resilience, and now two expert psychologists share seven proven techniques for enhancing our capacity to weather even the cruelest setbacks. The science in "The Resilience Factor" takes an extraordinary leap from the research introduced in the bestselling "Learned Optimism" a decade ago. Just as hundreds of thousands of people were transformed by "flexible optimism," readers of this book will flourish, thanks to their enhanced ability to overcome obstacles of any kind. Karen Reivich and Andrew Shatte are seasoned resilience coaches and, through practical methods and vivid anecdotes, they prove that resilience is not just an ability that we're born with and need to survive, but a skill that anyone can learn and improve in order to thrive. Readers will first complete the Resilience...



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