



The Complete Guide to Resilience

By Glenn R Schiraldi

Resilience Training International, United States, 2011. Paperback. Book Condition: New. 277 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Product Description Why 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....



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