



The Power of Resilience

Dr Sam Goldstein, Robert Brooks, Dr Robert Brooks



Continuing their pioneering work on resilience, they now show how and why it is never too late for adults to find strength and safety in life. --Edward Hallowell, M.D., author of *Driven to Distraction* A uniquely wise guide summarizing a vast amount of research into a practical set of strategies to overcome adversity and live a stress-hardy life. --Jack Canfield, coauthor of *Chicken Soup for the Soul*

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