



The Resiliency Advantage: Master Change, Thrive Under Pressure, and Bounce Back from Setbacks, Al Siebert, ReadHowYouWant.com, 2009, 1442966890, 9781442966895, 396 pages. It is the first book to describe the different levels of resiliency that people achieve. Just as students in martial arts must learn basic skills before they can acquire higher levels of skill, this book shows how certain basic resiliency skills provide the foundation for mastering higher-level abilities....Al Siebert is Director of The Resiliency Center. He is an ex-paratrooper with a PhD in clinical psychology from the University of Michigan. He is internationally recognized for his research into the inner nature of highly resilient survivors; his book The Survivor Personality is published in many languages....His popular quiz, "How Resilient Are You?," has been reprinted in many publications. He has been interviewed about highly resilient survivors on National Public Radio, the NBC Today Show, OPRAH, and CNN..

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Life Or Debt A One-Week Plan for a Lifetime of Financial Freedom, Stacy Johnson, 2005, Business & Economics, 208 pages. The author of Money Made Simple offers a step-by-step program to achieve financial freedom by eliminating debt, learning to live sensibly, and developing a sensible investment

Resiliency Enhancement Putting the Strengths Perspective Into Social Work Practice, Elaine Norman, 2000, Social Science, 240 pages. Few aspects of American military history have been as vigorously debated as Harry Truman's decision to use atomic bombs against Japan. In this carefully crafted volume, Michael

The Resilience Factor 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles, Karen Reivich, Andrew Shattuck, 2003, Psychology, 342 pages. A look at the role of resilience in promoting a happy and healthy life introduces seven proven techniques for developing the capacity for coping with the challenges and

Appreciative Inquiry An Emerging Direction for Organization Development, David L. Cooperrider, Peter F. Sorensen, Jr., Therese F. Yaeger, Diana Whitney, Sep 1, 2001, , 478 pages. .

Out of the Woods Tales of Resilient Teens, Stuart T. Hauser, Joseph Patrick Allen, Eve Golden, 2006, Psychology, 321 pages. Presents a longitudinal study of seventy people who had been institutionalized in a psychiatric facility as adolescents, showing that those who had capacity for reflection

It's Not the End of the World Developing Resilience in Times of Change, Joan Borysenko, Sep 1, 2009, Philosophy, 140 pages. .

The Resiliency Workbook Bounce Back Stronger, Smarter and with Real Self-Esteem, Nan Henderson, Aug 1, 2012, , 80 pages. This is a one-of-a-kind self-help book for teens and adults based on decades of social science research about how people bounce back from all types of

trauma, crises, problems

The Adult Student's Guide to Survival & Success , Al Siebert, Mary Karr, Jul 1, 2008, , 176 pages. Whether enrolling in college for the first time or returning after an extended absence, this motivational guide provides adult students with a wealth of practical guidance

The Power of Resilience Achieving Balance, Confidence, and Personal Strength in Your Life, Robert Brooks, Sam Goldstein, Dr. Robert Brooks, Sep 12, 2004, Self-Help, 336 pages. The authors reveal the source of inner peace and self-confidence in this groundbreaking approach to living that explains how to replace "negative scripts" with a more positive

Survivor Personality , Al Siebert, 1996, Psychology, 293 pages. Provides insights into life survival techniques.

Positive Organizational Scholarship Foundations of a New Discipline, Kim Cameron, Jane Dutton, Robert E. Quinn, Aug 9, 2003, Business & Economics, 450 pages. Helps establish a practical field of study in the organizational sciences. This book examines a variety of positive dynamics in organizations that give rise to extraordinary

The Beethoven factor the new positive psychology of hardiness, happiness, healing, and hope, Paul Pearsall, 2003, Self-Help, 304 pages. Pearsall identifies the characteristics of individuals he labels "thrivers"--those who face challenges head-on and grow stronger and more vital as a result. Illustrations..

David Carradine The Eye of My Tornado, Marina Anderson, Jun 1, 2010, , 465 pages. Recounts the author's life with actor David Carradine from when they first met and years later married to their divorce and his death..

Talking of love on the edge of a precipice , Boris Cyrulnik, Feb 27, 2007, Psychology, 180 pages. Talking About Love on the Edge of a Precipice is a book filled with hope. All of us suffer from trauma in our lives, whether it be a difficult childhood, the end of a love

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