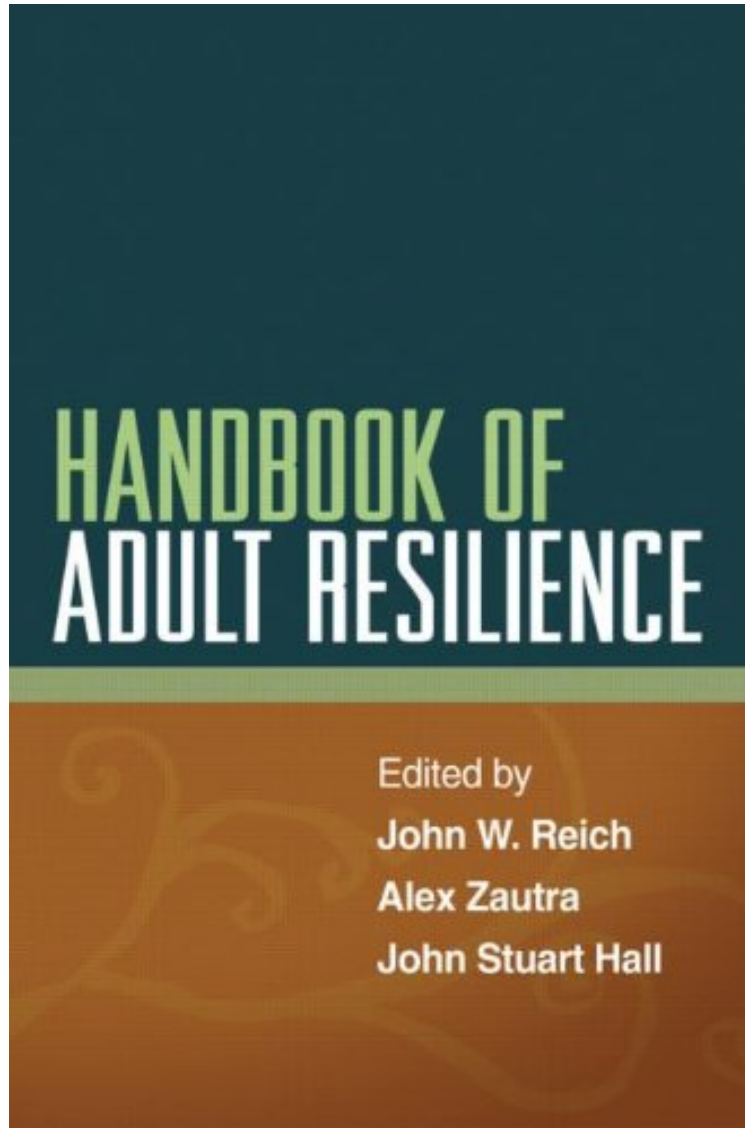


Handbook of Adult Resilience

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#646371 in Books The Guilford Press 2012-04-02Original language:EnglishPDF # 1 9.90 x 1.10 x 7.00l, 2.15 #File Name: 146250647X540 pagesShips from Vermont | File size: 75.Mb

From Brand: The Guilford Press : Handbook of Adult Resilience before purchasing it in order to gage whether or not it would be worth my time, and all praised Handbook of Adult Resilience:

0 of 0 people found the following review helpful. HelpfulBy Ann HaughtonI love the variation in perspective of the resilience of human beings, including the discussion of religion/faith as grounding force for resilience to some.0 of 1 people found the following review helpful. Five StarsBy CustomerGreat resource0 of 2 people found the following review helpful. ExcellentBy NokhanyoThis book provides a wide range of interpretations on the processes of

resilience. The concept is well articulated and theorised in various ways.

What enables people to bounce back from stressful experiences? How do certain individuals maintain a sense of purpose and direction over the long term, even in the face of adversity? This is the first book to move beyond childhood and adolescence to explore resilience across the lifespan. Coverage ranges from genetic and physiological factors through personal, family, organizational, and community processes. Contributors examine how resilience contributes to health and well-being across the adult life cycle; why and what happens when resilience processes fail; ethnic and cultural dimensions of resilience; and ways to enhance adult resilience, including reviews of exemplary programs.

"Framed brilliantly, this book is the mother lode of scientific knowledge on a profoundly important topic. The editors recognize that understanding why some individuals prevail in the face of adversity--and even flourish--must encompass numerous influences, from personal qualities to social networks and communities. Importantly, the final section presents resilience-promoting interventions designed to build the strengths required to surmount major life difficulties. It will be the definitive source on adult resilience for years to come."--Carol D. Ryff, PhD, Director, Institute on Aging, and Professor of Psychology, University of Wisconsin-Madison