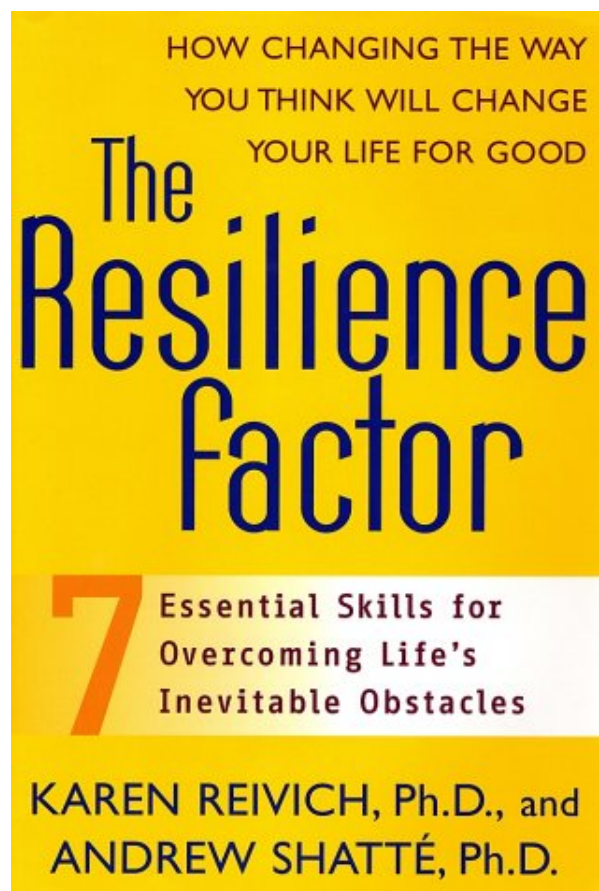
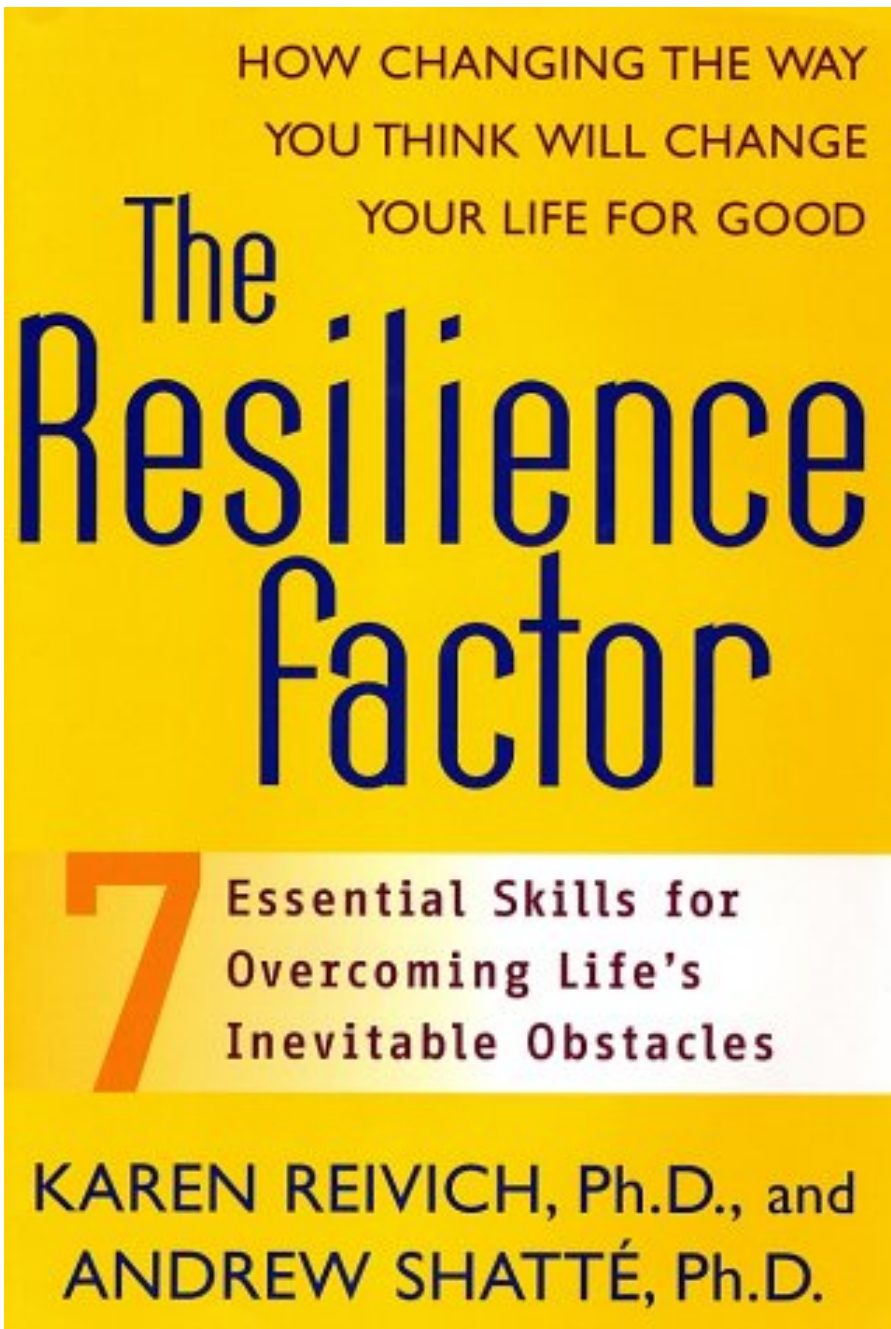


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ESSENTIAL SKILLS FOR OVERCOMING
LIFE'S INEVITABLE OBSTACLES BY
KAREN REIVICH, ANDREW SHATTE**



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138 of 142 people found the following review helpful.

The Best of Self-Help

By A Customer

As a psychologist, I have read a lot of self-help books. Typically, I'm disappointed by the flimsy substance and empty "pump up" aphorisms. I was prepared to think the same of *The Resilience Factor* -- but I was wrong. *The Resilience Factor* is based on years of scientific research into the "ingredients" of resilience and seven skills that can increase your resilience no matter how resilient (or un-resilient) you are today. The authors describe the work they have done with children, parents, and corporate employees and how these skills can improve your productivity and happiness. Better yet, the book is filled with vivid, compelling case studies (and a lot of humor) which makes the book a pleasure to read. I will recommend this book to all of my clients (and my family and friends). It's a must-read.

55 of 58 people found the following review helpful.

Exactly right

By Susannah Bailin

All self-help has the same message -- you can only make positive choices in your life if you can figure out what choices you are making without any thought and then changing course by adding understanding. Most processes expect you to figure out why you do what you do by yourself and then layer their method on top to solve your issues. This process has so many different ways to explore your old habits that you can not help but change and make better choices. My only caveat is that you read this book over a long period of time; perhaps one chapter a week to truly process all of the information. I also suggest reading that chapter before bed and letting your subconscious mull over its lessons overnight. Excellent!

35 of 35 people found the following review helpful.

Exploration of Resilience Using Cognitive Behavior Therapy

By O. Merce Brown

This book was an exploration, via cognitive behavioral therapy, of resilience, and gives the reader seven skills to master to increase their own resilience. The two authors, who are also resilience researchers, call these skills: emotion regulation, impulse control, empathy, causal analysis, self-efficacy, and reaching out. These seven skills can be measured (and the book includes self-tests), learned (through practicing concepts discussed in the book) and continually improved.

Although this book was enormously helpful to me, it does cover only the aspect of resilience that responds to CBT, and thus is somewhat narrow in scope. It doesn't explore spiritual aspects of resilience, or other approaches, just cognitive behavioral therapy. However, it does this quite well. In addition, the writing style was academic, so I felt as though I was reading a text, and it was a bit of work to get through it rather than

fun. Note that in this paperback version the text is small; I struggled especially with the text size in the inset boxes. Still, with those limitations, it covered the topic well and will be very useful to me.

Recommended.

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