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two expert psychologists share seven proven techniques for enhancing our capacity to weather even the cruelest setbacks. The science in The Resilience Factor takes an extraordinary leap from the research introduced in the bestselling Learned Optimism a decade ago. Just as Page 7/33

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The Resilience Factor by Reivich, Karen (ebook)

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Karen Reivich and Andrew Shatté, resilience is not a Band-Aid or a buzzword. It is a habit of mind. The Resilience Factor is a practical roadmap for navigating unexpected challenges, surprises, and setbacks at work and home. Their premise--that your thinking style determines your Page 21/33

resilience--underlies the books promise: you can boost resilience by changing the way you think about adversity.

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The Resilience Factor (eBook) by Karen Reivich, Andrew ... Dr. Karen Reivich is the Director of Page 28/33

Training Programs for the Penn Positive Psychology Center. She is the lead instructor and curriculum developer for the Penn Resilience Programs. Dr. Reivich is also an instructor in the Penn Master of Applied Positive Psychology program (MAPP). She has a Ph.D. in Page 29/33

Psychology from the University of Pennsylvania.

Karen Reivich | Positive Psychology Center Karen Reivich and Andrew Shatté are seasoned resilience coaches and, through practical methods and vivid

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