

The Resilience Factor By Karen Reivich

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Everyone needs resilience, and now 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 hundreds of thousands of people were transformed by "flexible optimism," readers of this book will flourish, thanks to their enhanced ability to overcome obstacles of any kind.

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Karen Reivich and Andrew Shatté are seasoned resilience coaches and, through practical methods and vivid anecdotes, they prove that resilience is not just an ability that we're born with and need to survive, but a skill that anyone can learn and improve in order to thrive.

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The Resilience Factor by Reivich, Karen (ebook)

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In the capable hands of psychologists 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 resilience--underlies the books promise: you can boost resilience by changing the way you think about adversity.

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Dr. Karen Reivich is the Director of 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 Psychology from the University of Pennsylvania.

Karen Reivich | Positive Psychology Center

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The Resilience Factor : Karen Reivich : 9780767911917

Karen Reivich is the author of The Resilience Factor (3.92 avg rating, 557 ratings, 56 reviews, published 2002), The Optimistic Child (4.00 avg rating, 1...

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