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# The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles

By Karen Reivich, Andrew Shatte



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## The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles By Karen Reivich, Andrew Shatte

Resilience is a crucial ingredient—perhaps *the* crucial ingredient—to a happy, healthy life. More than anything else, it's what determines how high we rise above what threatens to wear us down, from battling an illness, to bolstering a marriage, to carrying on after a national crisis. 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. 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.

Readers will first complete the Resilience Questionnaire to determine their own innate levels of resilience. Then, the system at the heart of *The Resilience Factor* will teach them to:

- Cast off harsh self-criticisms and negative self-images
- Navigate through the fallout of any kind of crisis
- Cope with grief and anxiety
- Overcome obstacles in relationships, parenting, or on the job
- Achieve greater physical health
- Bolster optimism, take chances, and embrace life

In light of the unprecedented challenges we've recently faced, there's never been a greater need to boost our resilience. Without resorting to feel-good pap or quick-fix clichés, *The Resilience Factor* is self-help at its best, destined to become a classic in the genre.

*From the Hardcover edition.*

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### Editorial Review

#### Amazon.com Review

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 book's promise: you can boost resilience by changing the way you think about adversity.

The authors synthesize decades of research in cognitive psychology, particularly the work of Aaron Beck and Martin Seligman, to create seven practical strategies for bouncing back. Each strategy demonstrates how "thinking styles" affect emotions and behavior. "The secret is accurate thinking, not positive thinking," they explain. After completing a "Resilience Questionnaire," readers learn to turn off negative thoughts, avoid thinking traps, detect "icebergs"--the basic beliefs that cause us to overreact--and restore perspective. Each strategy is illustrated with vivid examples, including acting-out teenagers, battle-torn marriages, downsized workplaces, and the loss of loved ones. This insightful book offers clear descriptions of resilient thinking and workable tools for changing our minds. --*Barbara Mackoff*

#### From Publishers Weekly

Reivich and Shatté's book is reminiscent of the bestselling *Seven Habits of Highly Effective People*, not just in the number of skills it discusses, but in the approach the authors take, too. They focus on the thinking rather than feeling side of the human psyche, but their intent is to ultimately affect readers' emotional reactions through helping them reprogram their thoughts. University of Pennsylvania professors Shatté and Reivich argue that feelings are a result of thinking; therefore, by changing the way one thinks, one can control one's emotional reactions to stressful situations. They promote an "ABC" system: "A" stands for adversity ("what pushes your buttons"), "B" is your inherent belief about life, which triggers your responding actions and feelings, or "C" ("consequences"). The A's are bound to keep hitting us, but if we analyze and revamp our B's, our C's will improve, resulting in greater peace and happiness. Although skeptics may not be convinced that changing one's thoughts can change one's life, the book could be of help to those who feel powerless over their emotions. Agent, Richard Pine.

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#### From the Inside Flap

Resilience is a crucial ingredient--perhaps "the crucial ingredient--to a happy, healthy life. More than anything else, it's what determines how high we rise above what threatens to wear us down, from battling an illness, to bolstering a marriage, to carrying on after a national crisis. Everyone needs resilience, and now two expert psychologists share seven proven techniques for enhancing our capacity to weather even the cruelest setbacks.

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"From the Hardcover edition.

## **Users Review**

### **From reader reviews:**

#### **Deanna Ratliff:**

Book is to be different for every grade. Book for children until eventually adult are different content. As you may know that book is very important usually. The book *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles* has been making you to know about other information and of course you can take more information. It is rather advantages for you. The publication *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles* is not only giving you a lot more new information but also to get your friend when you truly feel bored. You can spend your own personal spend time to read your reserve. Try to make relationship with the book *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles*. You never experience lose out for everything if you read some books.

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