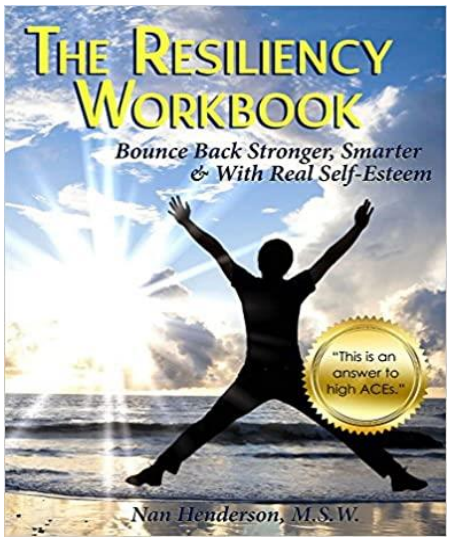
# The Resiliency Workbook:

## Bounce Back Stronger, Smarter & With Real Self-Esteem

By Nan Henderson, M.S.W.,Ph.D.
Based on decades of social science research
www.resiliencynews.com




Dozens of five-star reviews on Amazon.com including comments

"Awesome book!" "A must have." "Great toolbox."
"Using it to help clients." "Fabulous." "Powerful."
"Excellent resource for teachers and mentors."
"Practical." "It is so good."

**CONTENTS - 10 CHAPTERS plus glossary**

1. You Were Born Resilient
2. A Research-Based Plan for Overcoming Life's Challenges
3. Unlock the Power of Your Personal Protective Factors
4. The Resiliency Wheel: Boosting Your Resiliency Every Day
5. Who and What is in Your Mirror? (and Other Life-Support Strategies)
6. The Resiliency Route to Authentic Self-Esteem
7. Listen Within: How to Find and Follow Your Accurate Gut Guidance
8. Identify Your Achilles Heel (and Stop It from Tripping You Up)
9. How to Keep Going When the Going Gets Tough
10.The Resiliency Quiz & Other Resiliency-Building Resources

"*Every school and every child will benefit from using the recommendations in The Resiliency Workbook, which - from my experience - promotes student success, mental health, and staff effectiveness."*
Dr. Gerald Zahorchak, (former) State of PA Secretary of Education

"*Essex County [NY] has used the Resiliency Workbook material in our self-help/Wellness Wednesday group sessions. The material has been a huge hit. The flow of facilitating the group seems seamless with how the chapters and topics are arranged. Group members share in meaningful dialogue about their life experiences and have voiced their satisfaction on numerous occasions on completing the questions at the end of each chapter."*

*"We are also conducting several Resiliency Workbook groups in Essex County Jails. In my opinion, every jail in America should be using the Resiliency Workbook. It allows participants to look at their lives through a resiliency lens, and mitigates the shame that often accompanies deeply personal sharing."*

Harry M. Bassett, M.Ed., NYSCP-P Education/AOT/ECCF Coordinator, Essex Mental Health Association