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May 28, William rated it really liked it. A solid book for mindfulness practices and other scientific-based approaches to reducing anxiety and stress. Dec 02, Steve Brock rated it it was amazing. This book was voted a Best of the Best book for December, My rating may be harsh. This is just not what I expected. There are too many practice suggestions and most of them seem hokey. Gavin rated it it was amazing. Nov 30, Jeff rated it it was amazing. Mar 28, Tess Olson rated it it was amazing. May 04, Khuey40 rated it it was amazing. Jan 15, C rated it really liked it. Dec 23, Curtis rated it it was ok. Jun 07, Jen B rated it really liked it. May 03, Kelly Fillnow rated it it was ok. Jan 10, Melissa rated it it was amazing. Aug 22, Stephanie rated it really liked it. Aug 25, Log Out.


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Linda Graham is a licensed psychotherapist and mindful self-compassion teacher in the San Francisco Bay Area. Her work focuses on integrating cutting-edge research discoveries in Western Behavioural Sciences with advances in neuroscience, relationship psychology, positive psychology and trauma research. In addition, Graham studies and teaches mindfulness and self-compassion. Graham, L. Resilience: Powerful practices for bouncing back from disappointment, difficulty, and even disaster. Novato, California: New World Library. Sign in. Log into your account. Privacy Policy. Gift Cards. Add a gift card to your order! Choose your denomination:

downward. This book is an essential reference and guide to developing those skills, in ourselves, but also in our kids for parents and clients for coaches and therapists. Siegel, Psy. Resilience is a truly comprehensive guidebook that shows you that you have everything inside you to skillfully meet all of life's challenges great or small with a wise, kind heart.

In her clear, well-researched style filled with user-friendly exercises and practices, Linda Graham reveals how we can train our brain, our body and our heart to access our intuitive wisdom to not only get through the tough times but to grow and become more conscious in the process. Written with both expertise and immense compassion, Linda Graham has given the field and her readers an immense gift with this book. In this empowering book, Graham walks you step-by-step through exercises that gradually rewire your brain and transform your sense of well-being. Practical and hopeful, this is a book that can change your life. Beautifully combining mindfulness and neuroscience, Linda Graham has crafted what we always wanted: a toolkit for sane serene living.

Make sure to take advantage of this remarkable theoretical and practical resource! A real gem! Reading the book will help - but practicing the exercises is what will really set this book apart from the rest. Linda Graham's voice--personal, knowledgeable, confident and inspiring--kept me reading as if it were more like a novel than a textbook. Well organized and simple to learn, Resilience offers a remarkably powerful selection of tools for creating and enhancing our ability to navigate life stresses -- from minor inconveniences to major tragedies. She draws on a wealth of research, personal wisdom and heartfelt compassion from her work as a psychotherapist to show how we can all develop this much needed quality of resilience. I could think of no better guide for this important work.