



The Resiliency Advantage: Master Change, Thrive Under Pressure, and Bounce Back from Setbacks

Al Siebert

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Resiliency--the ability to adapt to life's changes and crises--is key to a healthy, productive life. Based on his deep knowledge of the new science of resiliency, Dr. Al Siebert explains how and why some people are more resilient than others and how resiliency can be learned at any age. Through anecdotes, exercises, and examples, Dr. Siebert details a unique five-level program for becoming more resilient.

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