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Mijoteuse Ricardo*

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 ingredient—perhaps the crucial
 ingredient—to a happy, healthy life. More
 than anything else, it's what determines
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 to wear us down, from battling an illness,
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The Resilience Factor by Reivich, Karen (ebook)

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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.

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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

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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...