



# The Complete Guide to Resilience

*Glenn R. Schiraldi*

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### Product Description

Why do some people sail through life's storms well, while others are knocked down and out, never to fully recover? Resilience is the key! This book shows you how to bounce back and thrive in any difficult situation. You'll learn how to optimize brain function, performance, and mood-while helping to prevent and recover from stress-related conditions like post-traumatic stress and depression. You'll master skills previously taught only in clinical, academic, and elite training settings. The Complete Guide to Resilience is the essential resource for emergency responders, military, business professionals, athletes, leaders, trainers, helping professionals, parents, teachers, youth-in short, every individual.

### Review Comments

"This is a great book! Comprehensive, authoritative, understandable, practical. Dr. Schiraldi has pulled together the current research for mind and body, and produced a 'How-To' guide to inoculate you and those you care about against the inevitable trials of life. Even better, it is a guide to healthy, happy, fulfilling living in general. I'm getting a copy for every member of my family." (Thomas W. Garrett, Major General, Retired, U.S. Army)

"With extensive experience in military, mental health, academic, and international crisis environments, Dr. Glenn Schiraldi is uniquely prepared to offer excellent and expert guidance in developing and maintaining resilience. In *The Complete Guide to Resilience* ...we are guided to the best principles and practices for optimizing our physical, mental, emotional, and spiritual health and fitness, for managing new crises or post-traumatic stress disorder from the past, and for achieving great creativity and well-being under challenging circumstances. As in his previous books, Dr. Schiraldi again offers wise, caring, comprehensive, and accessible guidance. We can rely on him with trust and confidence for negotiating life's challenges." (Edward Tick, Ph.D., author, *War and the Soul*; Director of *Soldier's Heart* for successful warriors return; clinical psychotherapist focusing on veterans issues)

"Remarkably comprehensive, yet accessible and practical...everyone will benefit from reading and using it...high-risk groups, business professionals, entrepreneurs, students, parents, and anyone else who experiences stress and adversity." (Alan D. Boss, Ph.D., Assistant Professor of Business, University of Washington Bothell)

"Answers every question I've ever had about resilience. This is the real deal...if you want to mentally protect yourselves and your families, get a copy of this book and read it front to back." (Sergeant Sergio Falzi, Calgary Police Service, Alberta, Canada)

"Clearly the authoritative work in the field." (Steve O. Steff, Ph.D., President-CEO, Crisis Care International)

"Leads us to higher ground. The very best I have seen. Greatly encouraging." (Glenn Calkins, LCSW, MDIV, firefighter, EMT)

### About the Author

Glenn R. Schiraldi, Ph.D., Lt. Col. U.S. Army Reserves (Retired), has served on the stress management faculties of the Pentagon, the University of Maryland School of Public Health, and the International Critical Incident Stress Foundation. His books on stress-related topics include *The Post-Traumatic Stress Disorder Sourcebook*; *The Resilient Warrior Before, During, and After War*; *World War II Survivors: Lessons in Resilience*; *The Anger Management Sourcebook*; and *The Self-Esteem Workbook*. His mind/body courses at the University of Maryland have been shown to improve resilience and other indicators of mental health. He presently conducts resilience training for Resilience Training International, especially to high-risk groups, such as the military, police, and firefighters. He is a West Point graduate and a Vietnam-era veteran.

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#### **Joseph Fulkerson:**

Spent a free the perfect time to be fun activity to perform! A lot of people spent their down time with their family, or their very own friends. Usually they performing activity like watching television, planning to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Could be reading a book can be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to try look for book, may be the publication untitled The Complete Guide to Resilience can be excellent book to read. May be it may be best activity to you.

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