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Framing resilience in this way is helpful for identifying the nature and degree of a child's key sources of strength. For example, does the child have a caring adult he/she can talk to? ... Raising resilient children: Fostering strength, hope, and optimism in your child. Lincolnwood, IL: Contemporary Books.

Building Resilience in Children: 30+ Tips for Raising ...

Raising Resilient Children is a uniquely wise guide for parents. Robert Brooks and Sam Goldstein help mothers and fathers to focus on their child's strengths, not on his or her weaknesses. The result is a happier, more resilient child. This book could really make a difference in the life of a family.

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