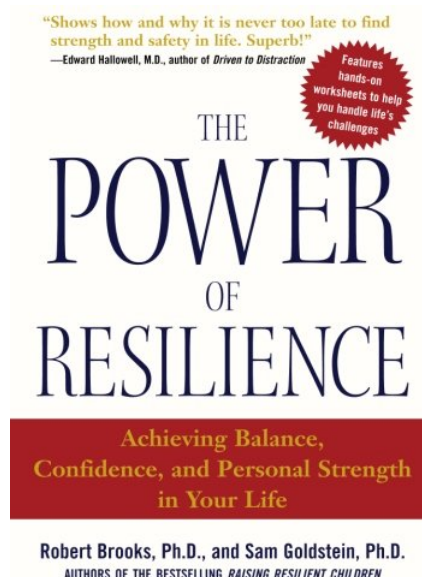


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"Continuing their pioneering work on resilience, they now show how and why it is never too late for adults to find strength and safety in life." - Edward Hallowell, M.D., author of "Driven to Distraction". "A uniquely wise guide summarizing a vast amount of research into a practical set of strategies to overcome adversity and live a stress-hardy life." - Jack Canfield, coauthor of "Chicken Soup for the Soul".

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