



The Woman s Book of Resilience: 12 Qualities to Cultivate (Paperback)

By Beth Miller

Conari Press,U.S., United States, 2005. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Beginning years ago with her work with women in grief, Beth Miller has helped hundreds of people in her therapeutic practice to learn to be resilient and survive life crises to become deeper, more powerful, and authentic human beings. Packed with information and exercises, The Woman s Book of Resilience is a smart, often funny, book that can help any woman thrive amid life s ups and downs. When we cultivate resilience, we mine the awful, or merely annoying, experiences in life to find meaning and purpose. The Woman s Book of Resilience is an accessible, practical guide to bouncing back. We know that resiliency reigns because we survive to tell our tales of misfortune, trauma, abuse. Indeed, we are built to be able to go to the edge of life and come back with heart and soul elevated. We are built to be resilient, to be able to take sure and steady steps over rocky terrain. Miller offers 12 qualities that help women develop and learn resilience. Readers learn to: 1. Admit and embrace vulnerability 2. Practice and increase the ability to...



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