



Developing Resilience: A Cognitive-Behavioural Approach

Michael Neenan

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Some individuals emerge from grim experiences stronger in mind and spirit than others who suffered the same fate. In this book, Michael Neenan suggests that it is the meanings that we attach to events, and not the events themselves, that determine our reactions to them; this is why different people can react to the same event in a variety of ways.

Developing Resilience shows how people can find constructive ways of dealing with their difficulties by using the techniques of cognitive behaviour therapy as well as listening to the wisdom of those who have prevailed over adversity. This book provides useful guidance and advice on topics including:

- managing negative emotions
- distinguishing between what is within and outside of your control
- learning from past experiences
- developing self-belief
- increasing your level of frustration tolerance
- maintaining a resilient outlook.

This book will be essential for anyone trying to find constructive ways forward in difficult times, as well as counsellors, coaches and therapists looking for guidance in helping their clients.

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