



## How to Raise Resilient Bounce-Back Kids

By Judy Helm Wright

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Resilience is a learned skill! It can be taught and learned, just as piano playing or riding a bike is a teachable lifeskill. As parents and other caring adults we can assist young people to overcome disappointment and to become problem solvers in life. We have the opportunity to help them shift negative experiences into life lessons. Dr. Dennis Charney, Dean, ICAHN School of medicine who has studied those who have or are training themselves to be bounce back people has said Resilience is essentially a set of skills--as opposed to a disposition or personality type--that makes it possible for people not only to get through hard times but to thrive during and after them. Just as rubber rebounds after being squeezed or squished, so do resilient people. This book on Raise A Resilient, Bounce Back Kid is written by parent educator and family relations coach Judy Helm Wright. She is also the author of the companion book for adults Out of Balance? Be A Bounce Back Person Judy's books are research based but filled with tips...



**READ ONLINE**  
[ 3.31 MB ]

### Reviews

*Undoubtedly, this is actually the greatest job by any author. This can be for those who state there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever.*

-- **Perry Reinger**

*Very useful to all group of folks. This really is for all who state there was not a worthy of reading. I am very happy to explain how this is the best pdf i have study inside my personal life and can be he greatest book for actually.*

-- **Marcelle Homenick**