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The Resilience Handbook: Approaches to Stress and Trauma

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Resilience preserves and promotes the individual in context and simultaneously keeps harm at bay. But what are the characteristics that enhance and shield *and* help the individual to live a rewarding life? In the *The Resilience Handbook: Approaches to Stress and Trauma,* the editors guide readers through a study of resilience as a process, not just an outcome: from the first responses to challenge and the allocation of executive functions to study of the hands-on and empirically validated interventions clinicians can use to promote intrapersonal, interpersonal, and social resilience.

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