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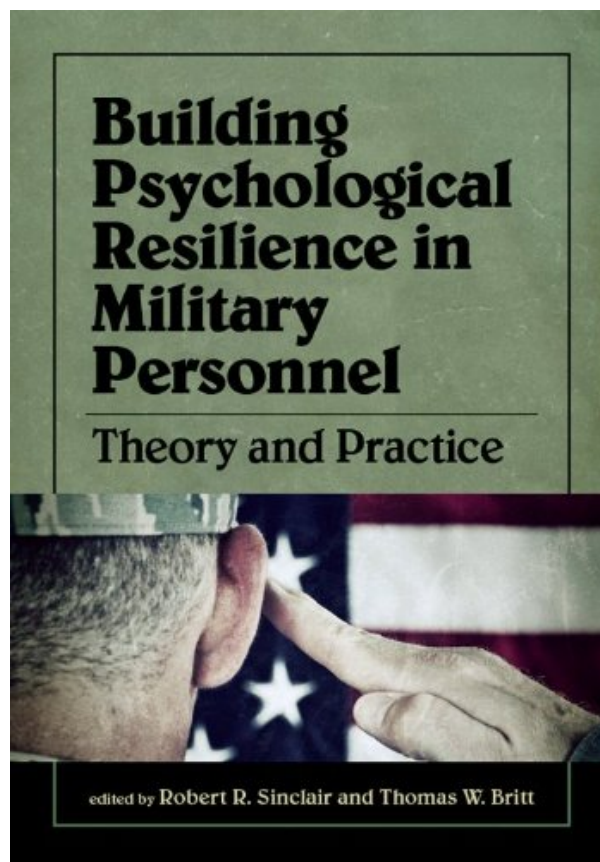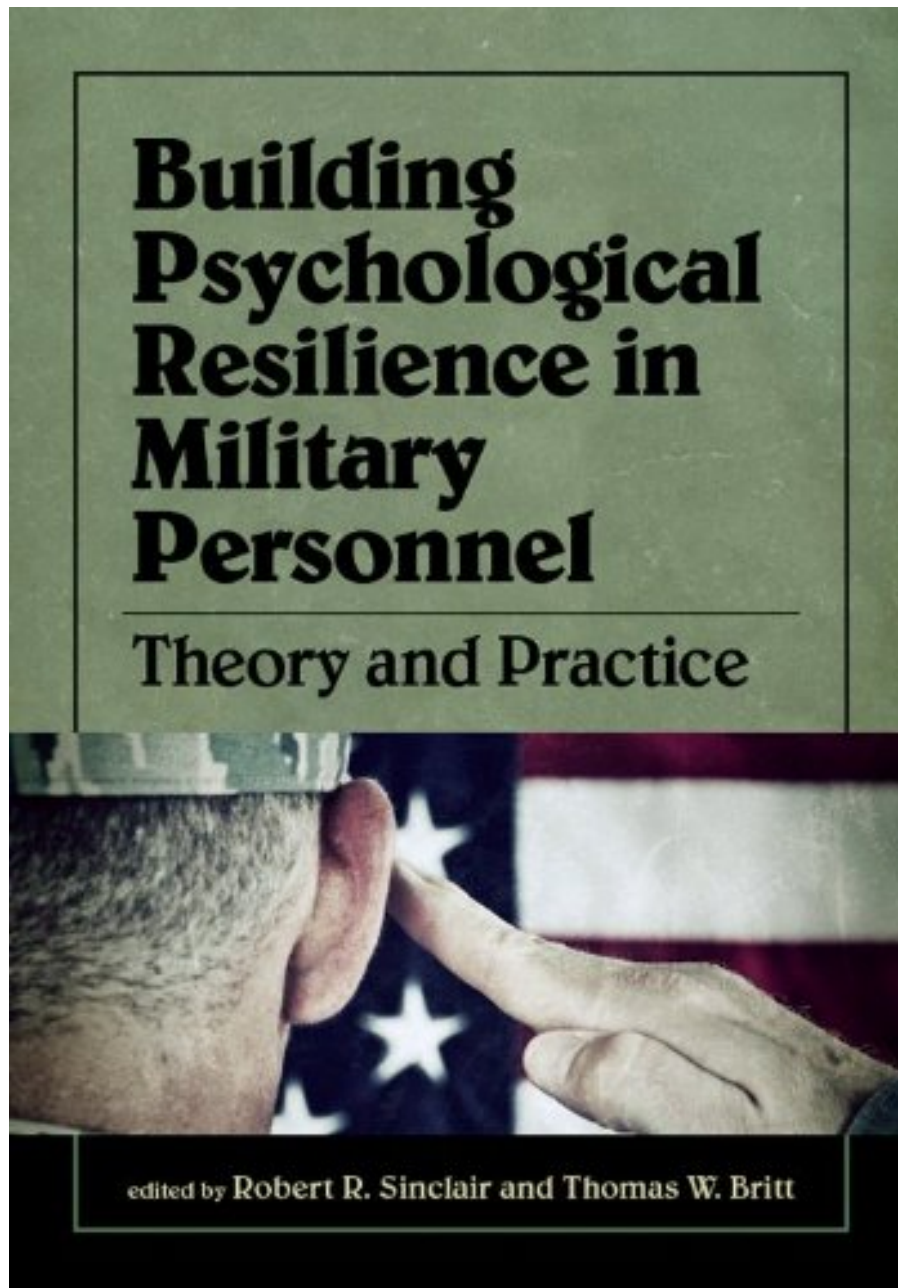
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Building Psychological Resilience in Military Personnel makes a significant contribution to military psychology. There is, however, a second, perhaps even larger audience for this book. The need for resilience training transcends occupational boundaries and developmental stages. It is a universal need...This book will be appreciated by psychologists both within and beyond the arena of military psychology. It is an important addition to the study of human resilience. --PsycCRITIQUES

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Researchers have consistently identified resilience as perhaps the single most important factor predicting successful outcomes for military personnel and their families. In this book, editors Robert Sinclair and Thomas Britt and a distinguished group of authors investigate the concept of resilience, its essential role in normal psychological development, and its relevance within various occupational contexts unique to the military. In the second part of the book, the authors evaluate existing programs for developing and maintaining resilience that have been implemented in various branches of our armed forces.

- Sales Rank: #1372842 in Books
- Published on: 2013-06-01
- Original language: English
- Number of items: 1
- Dimensions: 10.25" h x 7.50" w x .75" l, 1.40 pounds
- Binding: Hardcover
- 268 pages

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A Very Useful Book
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This is a great book to get if you're interested in learning more about the importance of building psychological resilience in our soldiers. Like many books on resilience it provides the reader with information on important organizational/population level concepts and interventions. However, unlike many books on resilience, it provides useful material for the clinician. Chapter 6 "Cognitive Behavioral Methods for Building Resilience" will likely appeal to direct patient care providers.

Bret A. Moore, PsyD, ABPP
Coauthor, Wheels Down: Adjusting to Life after Deployment
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