



# **Resiliency In Action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families, and Communities**

*Nan Henderson, with Bonnie Benard and Nancy Sharp-Light*

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# Resiliency In Action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families, and Communities

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This one-of-a-kind manual is an updated and expanded (with 50% new material) 2nd edition, which includes sections on The Foundations of Resiliency; Resiliency and Schools, Resiliency and Communities; Resiliency and Mentoring, Support and Counseling; Resiliency and Youth Development; Resiliency and Families; and Resiliency and the Brain. Foreword is by Peter Benson, Ph.D., President of Search Institute. The book is filled with research summaries on how to foster a resilient overcoming in the face of adversity, suggestions for practical applications of the research, examples of successful programs and practices, and individual stories of resilience in the face of abuse, trauma, crises, stress, and other adversity. Contributors include Emmy Werner, Ph.D., Peter Benson, Ph.D., Steve Wolin, M.D., Sybil Wolin, Ph.D., Bonnie Benard, M.S.W., Nan Henderson, M.S.W., and many other leading voices in the field.

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