



*Resilience: Powerful Practices for Bouncing Back from Disappointment,
Difficulty, and Even Disaster*
Linda Graham, MFT

A beautifully written book full of strategies for regaining resilience when life knocks you for a loop. Strategies are divided into three levels: Barely a Wobble, Sorrows & Struggles, and Too Much so you can go straight to the level of intervention you need depending on how rough things are for you in the moment.