In their latest book, psychologists Brooks and Goldstein the authors of Raising Resilient Children describe how adults can develop a "resilient mindset. Using many examples from their clinical Confidence, Brooks and Goldstein outline how this mindset is best achieved. The first step is...
"rewriting negative scripts," or changing behavior that one repeats over and over despite its negative outcome, such as a manager yelling at his employees for being uncreative.

Other strategies include developing empathy, communicating effectively; accepting oneself and others; and developing self-discipline. An appendix offers worksheets addressing the concepts covered in each of the chapters. Throughout, the authors emphasize taking responsibility for one's actions and their impact on others, as well as setting realistic short- and long-term goals. Their examples, such as the demanding manager and the couple who nag their teenage The Power of Resilience: Achieving Balance, are familiar figures in whom readers may be able to see themselves or people they know.

Although it's likely that, for many, a major change in one's approach toward life's difficulties would require the professional help that Brooks's and Goldstein's patients sought, their book does offer hope and a number of and Personal Strength in Your Life strategies readers can try to put into practice on their own.


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Lists with This Book. This book is not yet featured on Listopia. Community Reviews. Showing Average rating 3. Rating details. More filters. The Power of Resilience: Achieving Balance order. Mar 24, Paula rated it liked it. There is much about this book that is rehashed. If you've read books on Attribution Theory and Reframing, then you've heard it all before. The section in which he defines Attribution Theory was particularly disappointing.

There is so much more to the theory than the author credits. The author briefly introduces Learned Helplessness, but then I've always considered that the weakest point of Attribution Theory.

The greater part of the theory, such as the effects of Cognitive Dissonance, is not cov There is much about this book and Personal Strength in Your Life is rehashed. The greater part of the theory, such as the effects of Cognitive Dissonance, is not covered, nor is the difference between the cultures of the East and West which is worth considering given the slant of the book.

The author does one thing that I find admirable, he makes people consider their own culpability in their failures of communication. We can all learn to be more empathetic, more aware of our own role in perpetuating arguments, more willing to try a more sympathetic approach. If the effects of the book are The Power of Resilience: Achieving Balance bring peace to one family, or help one manager be more courteous to his or her employees, then the book was worth Confidence.

Jun 20, William Schram rated it really liked it Shelves: non-fiction, psychology, self-help. With anecdotes and practical advice, this book does a good job at what it offers. It also contains a section for you to write in it and make it your own, but since I got this book from the Library I did not think it proper to do so.

The book has a pretty typical presentation. It splits the ideas to make you more resilient into different chapters and gives explanations on how to achieve your goals. While it wasn't particularly phenomenal or outstanding I assume that following the advice in the book With anecdotes and practical advice, this book does a good job at what it offers.

While it wasn't particularly phenomenal or outstanding I assume that following the advice in the book would help almost anyone out in their lives. Jan 11, Steven Myers rated it it was amazing Shelves: psychology, positive-living. The many anecdotes of patient case studies show how the principles of resilience have a large impact on a person's outlook and engagement with life, be they a sufferer of circumstances either extraordinary or just ordinary.

The text breaks down the constituent personality traits of resilient people in attempt to indicate those areas that might need help for the cultivating of a more constructive attitude towards the The Power of Resilience: Achieving Balance and relations we encounter.

Nov 01, John rated it liked it. Confidence is basically a reminder which can be good to work and Personal Strength in Your Life re-framing and attribution theory. It's got a fair amount of anecdotal lessons associated with it, and an emphasis to work on empathy. Basically, stuff that may have been "cutting edge" in the 90s but now disseminated into pop psychology and the general population.

Motivation During times of negativity this has helped to stay focused on long term goes and strive for true happiness and balance. If you looking for guidance on how to move forward in life and experience more satisfaction, it is here. Apr 18, Maes Mahlanga rated it it was amazing. Great Confidence, interesting perspective emotional intelligence and human interaction in business. Sep 04, Nancy rated it liked it Recommends it for: people who want to make their lives better. Shelves: psychology.

I recently saw Robert Brooks speak at a local school. I enjoyed him there which is why I bought the bookand I enjoyed what he had to say in this
book as well. In his view, resilience pretty much boils down to the Confidence to be empathic, re-writing negative scripts, and having a positive mindset. Most of what he suggests seems like obvious common sense, but it surprising how often we forget to use it. Nothing earth-shattering here, but a nice simple reminder of how best to treat yourself and I recently saw Robert Brooks speak at a local school.

Nothing earth-shattering here, but a nice simple reminder of how best to treat yourself and others. Apr 28, Anna Sinova rated it it was ok.

Interesting review of research on differences between people who are more and less The Power of Resilience: Achieving Balance. However he does not provide any practical or achievable way to change other than suggesting to act like the more resilient people. I wish the book instead discussed the research on effective strategies that result in people being more resilient.

I suspect, just telling people to be so does not work very well. Sep 24, Christina rated it really liked it. A self-help book that is a cut above the rest. This book divides "resilience" into several different qualities that resilient people have and then offers suggestions on how to cultivate these qualities. I found the and Personal Strength in Your Life on handling stress, avoiding perfectionistic and Personal Strength in Your Life, and maintaining self-control particularly helpful.

The many anecdotes from the authors' joint therapy practice make the book an engaging read. Sep 10, Karkene Olesuk rated it it was amazing. I'm reading less and less self-help books these days, but I'm about half-way through this book I like the "resilience score" they make you do for yourself and explaining their method as well as some common sense tips.

Aug 24, Loretta Estrada marked it as to-read. I'm anticipating reading this book once I've finished my current reads.

It's waiting for me on my nightstand. I heard Robert And Personal Strength in Your Life speak at a conference spring He was an accessible, intelligent speaker. His book will hopefully be the same. Mar 09, Rebekah rated it liked it. I've been working through this one on and off for almost a year, reading when I didn't feel as strong as I wanted to be.

The result? I've decided that through all the events and constant changes in my life, I'm actually more resilient than I thought. I just need little reminders once in a while. Apr 06, Morgan marked it as started-but-not-finished. I went to see Dr. Brooks talk about how to raise resilient children at the Children's Museum for work.

Great speaker! But I've never gotten past the first chapter of a self-help Confidence and this one was no different. Jan 30, Lucretia Cioata rated it it was amazing Shelves: the-passanger-by-lisa-hutzsarab-by-marek-halterlilah-bymarek-halter.

We all must endure setbacks and impasses in our lives! May 09, Yva marked it as to-read Shelves: parenting-etc.

As a young boy, Alex Proctor thought he was "retarded. He experienced great difficulty in school, especially learning to read. In the fifth grade, his reading level was equivalent to that of a second grader. He would study a list of words in the evening, only to forget their correct spelling the next day. He was held back in the fifth grade, an intervention that proved ineffective.

Not only did his reading difficulties continue, but he also experienced the ongoing humiliation of being called "dumb" and "stupid" by several of his classmates. His teachers, failing to understand the nature of his problems, exhorted him to "study harder," implying he was not giving percent and could succeed if only he possessed the will to do so. The death of his father when Mr. Proctor was in seventh grade added to a stressful home situation. Proctor dropped out of high school and went to work as a custodian.

He married at the age of twenty-one, and two years later he and his wife had their first child, a son. Two years after the birth of their child, with the support of his wife he began a window cleaning business, offering services for both offices and homes. He sought the advice of a childhood friend in the advertising field for strategies to market his The Power of Resilience: Achieving Balance.

Much to Mr. Proctor's surprise, his business began to take off and he soon hired two assistants. A second son was born, the business expanded, and Mr. Proctor and his wife bought a home. When Mr. Proctor was thirty-two, his younger son, who was struggling in school just as he The Power of Resilience: Achieving Balance, was diagnosed with a learning disability.

When the clinician explained the reasons for the diagnosis, Mr. Proctor blurted out, "That's me! My son has the same problems I have. I finally know I'm The Power of Resilience: Achieving Balance stupid. Proctor was tested and diagnosed with a learning disability. Now possessing an understanding of his learning problems, he fulfilled a long-sought and Personal Strength in Your Life unfulfilled dream of obtaining his GED.

With the encouragement of his wife and the addition of several more employees at his business, he made time to take a class at a local community college in which he earned an A. He continued to take courses and moved on to a four-year college.

At the age of forty-two, Mr. Proctor received his bachelor's degree with honors. He observed, "I didn't need the degree for my work. I needed it for myself. Proctor has a younger brother, Tim, who also struggled in school. As a teenager Tim followed in his brother's footsteps by dropping out of school. However, rather than finding steady employment, he became addicted to drugs.

To support his addiction, he resorted to armed robbery. He was caught and sent to prison. Upon Tim's release, Alex offered him a job in his company. Tim accepted but quickly The Power of Resilience: Achieving Balance his drug use and criminal actions. He was apprehended and sentenced to prison again. Alex wondered why he went in one direction and Tim in another.

What permitted Alex to succeed in life while his brother continued down a path of self-destruction? What are the factors that help some adults to bounce back while others languish in feelings of helplessness and hopelessness? Why do some individuals Confidence success that could never
have been predicted from their life circumstances?

What is the inner strength that propels some people to overcome mighty obstacles in their path? Roslyn Smith, a thirty-six-year-old woman, grew up in poverty. She lived in an area where muggings, homicides, and drug deals were common. One of her brothers was killed in a gang fight, and one of her sisters overdosed on heroin. She was the first member of her family to attend college.

She commuted to college while living in an apartment above a bar. She also worked many hours a week to The Power of Resilience: Achieving Balance herself, a younger sibling, and her ailing mother. She spent as much time as possible studying at the college library because the noise level at home was unbearable. After obtaining her college degree she worked for a social welfare agency and went to school in the evening to earn a master's degree in social work. Successful adults such as Alex Proctor and Roslyn Smith may be viewed as resilient.

The word success should and Personal Strength in Your Life be confused or equated with one's income. As we will discuss more fully in this book, success in life encompasses such features as positive relationships with others, contentment at work and in our other roles for example, as a mother, father, or coworker and a feeling of optimism.

Although in some scientific circles The Power of Resilience: Achieving Balance word resilient has been applied only to individuals who have overcome stress and hardship, Confidence is a concept that should be expanded to become a primary The Power of Resilience: Achieving Balance of each person's Confidence, whether or not that person has experienced great adversity.

All of us encounter some degree of stress and challenge in everyday life. No one can predict which of us will at some point face unimagined adversity.

Resilient individuals are those who have a set of assumptions or attitudes about themselves that influence their behaviors and the skills they develop. In turn, these behaviors and skills influence this set of assumptions so that a dynamic process is constantly operating.

We call this set of assumptions a mindset. A resilient mindset is composed of several main features: Possessing a resilient mindset does not imply that one is free from stress, pressure, and conflict, but rather that one can successfully cope with problems as they arise.

We also use the word mindset to capture an important premise of this book: mindsets can be changed. The development of mindsets, or assumptions about oneself and others, is a complex process based on the interaction of one's unique temperament with one's life experiences.

However, mindsets are not cast in stone. The more we understand the beliefs that guide our behaviors, the more successfully we can engage in the process of replacing counterproductive, self-defeating assumptions with those that will lead to a more resilient, fulfilling life. There are roadblocks to developing a resilient mindset, roadblocks that may be viewed as negative scripts.

Have you ever found yourself engaging in the same behaviors repeatedly with negative results? If you answered "yes," you are not alone. In our clinical practice and workshops we have heard countless examples of The Power of Resilience: Achieving Balance following the same script day after day with predictable negative results.

It is as if they are actors who have rehearsed their lines and cannot deviate from the script. The script can dictate a man and Personal Strength in Your Life a relationship when he is asked to make a commitment, a woman being fearful of showing anger even when justified, parents telling their children for ten years to Confidence their rooms with little success, a father asking his son immediately when coming home from work each evening, "Did you do your homework?"

When we repeat behaviors that lead to positive outcomes, such as a man telling his wife and children each day that he loves them, a woman conveying appreciation to her staff, or a project leader delegating responsibilities Confidence those in his group in order to reinforce their sense of ownership, we are justified in calling these behaviors positive scripts.

However, when our predictable behaviors are counterproductive or self-defeating but we continue to engage in them, a negative script is operating. These negative scripts, which can influence all aspects of our personal and professional lives, are obstacles to developing a resilient mindset. Some individuals are not aware that they are trapped in a negative script, even if it is obvious to their friends and relatives. Some individuals blame their behavior on others, shouting the refrain, "If only my kids [or wife, or coworker, and The Power of Resilience: Achieving Balance on] would change, then I would be more relaxed.

Until you can recognize these scripts and take responsibility for your actions, they will continue unabated. Unfortunately, the longer they exist, the more entrenched they are likely to become, precluding opportunities for improvisation and spontaneity. Jeremy Butler was an innovative, brilliant engineer. He left college at the end of his junior year to concentrate all of his time and energy to develop his own company.

His work engulfed him. After several frustrating years, a product he designed was successful. By the time he was thirty-five years old, his company was worth millions. He had many employees, but happiness eluded him. At the age of thirty he had married, but the marriage ended within two years. Butler and his wife did not have any children.

After the divorce, he had no other serious relationships. Butler came to see us when he was thirty-seven at the recommendation of his physician because of anxiety, depression, and insomnia. In the course of our evaluation Mr. Butler focused his remarks on his work. He described all of his efforts to build up his company even when some people doubted him.

As he spoke of his accomplishments there was little evidence of and Personal Strength in Your Life joy or satisfaction. Instead, a sense of sadness
He explained, "My father was the kind of person who thought he knew what was best for me. The Power of Resilience: Achieving Balance.

He was always telling me what to do, even when I was a kid. When I quit college, he went wild and told me what a big mistake it was, that it was too risky."