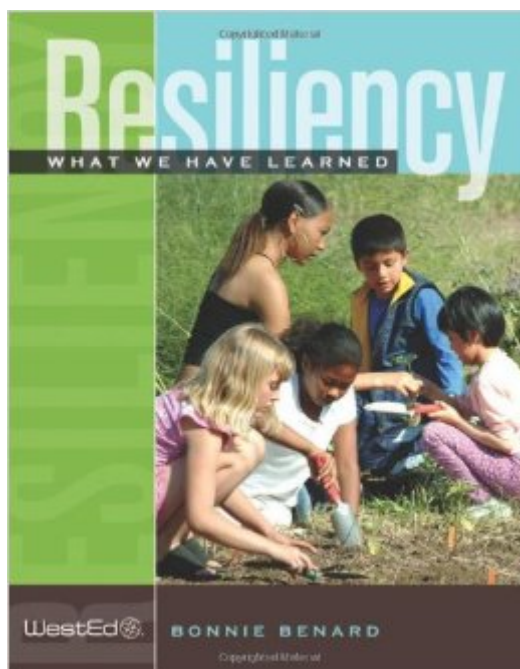


The book was found

Resiliency: What We Have Learned



Synopsis

A few years ago, resiliency theory was relatively new to the fields of prevention and education. Today, it is at the heart of hundreds of school and community programs that recognize in all young people the capacity to lead healthy, successful lives. The key, as Benard reports in this synthesis of a decade and more of resiliency research, is the role that families, schools, and communities play in supporting, and not undermining, this biological drive for normal human development. Of special interest is the evidence that resiliency prevails in most cases by far -- even in extreme situations, such as those caused by poverty, troubled families, and violent neighborhoods. An understanding of this developmental wisdom and the supporting research, Benard argues, must be integrated into adults' vision for the youth they work with and communicated to young people themselves. Benard's analysis of how best to incorporate research findings to support young people is both realistic and inspirational. It is an easy-to-read discussion of what the research has found along with descriptions of what application of the research looks like in our most successful efforts to support young people.

Book Information

Paperback: 148 pages

Publisher: WestEd; New title edition (January 2004)

Language: English

ISBN-10: 0914409182

ISBN-13: 978-0914409182

Product Dimensions: 7 x 0.4 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #436,869 in Books (See Top 100 in Books) #254 inÂ Books > Education & Teaching > Schools & Teaching > Education Theory > Experimental Methods #493 inÂ Books > Education & Teaching > Schools & Teaching > Student Life #514 inÂ Books > Education & Teaching > Schools & Teaching > Education Theory > Research

Customer Reviews

This book is the best explanation of "resiliency" that I've ever encountered. It's easy to read, without a lot of jargon, and it provides all the information one would need on the topic. The author has done a great job pulling together all the research. Anyone who works in teaching, education, social work, child development, or counseling should have this on their book shelf. In short, this book is a treasure!

I'm a doctoral student studying resilience education. I have read hundreds of books and articles related to resilience. I wish I had known to read this book first because it carefully presents the evolution over time of the three stages of resilience work. Knowing these stages has helped me sort out what seemed to be contradictions in this field. The new attitude of positive psychology is truly a new mindset and makes resilience education a mainstream topic that is appropriate at any school. Overall, this book has carefully organized material and is well written. For a more practical how-to book, also get "Resiliency in action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families and Communities, 2nd ed." (Henderson, 2007) which Benard co-authored.

It has some good information, but few actual suggestions on what to do. The majority of the book was just theory, I wanted more tangible suggestions that I could follow through with.

This book provides strong support for my dissertation topic--student resiliency. I have been able to move ahead in my writing now that I have this book.

[Download to continue reading...](#)

Resiliency: What We Have Learned Building Resilience to Trauma: The Trauma and Community Resiliency Models Concepts About Print: What Have Children Learned About the Way We Print Language? Electrical Engineering 101, Third Edition: Everything You Should Have Learned in School...but Probably Didn't An Incomplete Education: 3,684 Things You Should Have Learned but Probably Didn't Liderazgo principios de oro [Golden leadership principles]: Las lecciones que he aprendido de una vida de liderazgo [The lessons I have learned from a lifetime of leadership] To Have and Have Another: A Hemingway Cocktail Companion The Mauser Rifle: Guide to Owning, Collecting, and Enjoying the Most Copied and "Must Have" Bolt Action Weapon in History! Secrets About What Makes a Mauser Unique and Valuable That You Have To Know! How to Have Your Dream Wedding for Under \$1,500: How to Have Your Dream Wedding Without Breaking the Bank! (Budget Wedding) Radio Movie Classics: Bogart (To Have and Have Not & Treasure of the Sierra Madre) Messy Grace: How a Pastor with Gay Parents Learned to Love Others Without Sacrificing Conviction Tiger Heart: My Unexpected Adventures to Make a Difference in Darjeeling, and What I Learned about Fate, Fortitude, and Finding Family Half a World Away Lessons Learned...: From A Corporate Guy Who Left His Job To Sell On Full Time (Selling on , FBA, Making Money Online, Work From Home, ... Home Based Business, Selling On eBay, eBay) The Learned Collector: Mythological Statuettes and Classical Taste in Late Antique Gaul Garden Wisdom: Lessons

Learned from 60 Years of Gardening The Possibility Dogs: What I Learned from Second-Chance Rescues About Service, Hope, and Healing Dealing with the Loss of a Pet and Learning to Love a New One - A True Story of Lessons Learned and How Any Pet Owner Can Feel Joy Again Faith, Hope and Healing: Inspiring Lessons Learned from People Living with Cancer Better By The Dozen Plus Two, Part Two: Lessons Learned through Loss and Leukemia by a Family of Sixteen Road to Mach 10: Lessons Learned from the X-43a Flight Research Program (Library of Flight Series)

[Dmca](#)