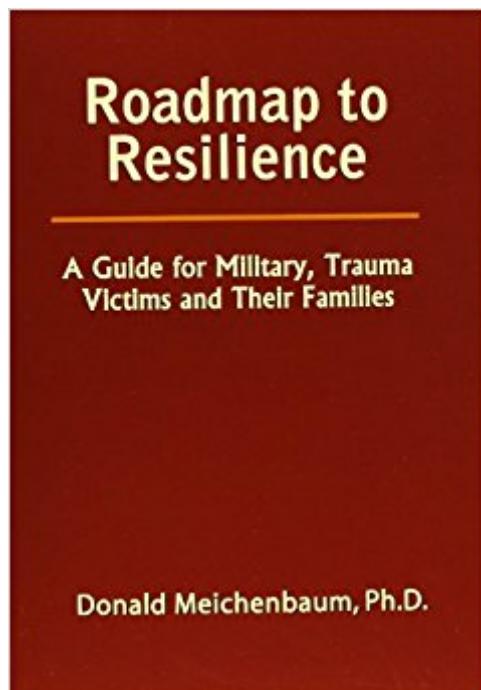


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# Roadmap To Resilience: A Guide For Military, Trauma Victims And Their Families



## **Synopsis**

In the aftermath of traumatic and victimizing events, most individuals (some 70%) evidence resilience, while up to 30% evidence chronic PTSD and related adjustment problems. In Roadmap to Resilience, Dr. Meichenbaum discusses the differences between these two groups for both military and civilian populations and specific ways to bolster resilience in six domains (physical, interpersonal, emotional, cognitive, behavioral and spiritual). It includes numerous examples of successful coping strategies, self improvement Action Plans, Hinge questions that open the door to possibilities, and a comprehensive Resource Guide designed to help the reader locate the

## **Book Information**

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## **Customer Reviews**

Meichenbaum is the best there is relative to cutting edge work on a number of fronts in psychotherapy. This book is clearly in that tradition. He continues to take the field forward, and we are more in his debt than he can imagine.

Resiliency is the ability to bounce back after "stressful events". This book will provide new perspectives on how our brain responds to stress and how we can learn how to build our emotional health

Extremely practical and useful book. I would definitely recommend it to anyone working with military. Dr. M is a wealth of information.

Exceptionally well written

I got this book for my Positive Psychology class and it has good activities and just really great stuff to offer.

Very helpful text

Great resource!

Read this book and you will know how to get through any situation....but you will have to take certain actions!

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