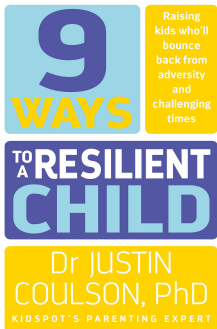


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9 WAYS TO A RESILIENT CHILD EBOOKS 2019



Author: Justin Coulson

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The author of 21 Days to a Happier Family, Dr Justin Coulson, on raising kids who'll bounce back from adversity and challenging times. 'How can I help my child be more resilient?' is a question Dr Justin Coulson often hears from worried mums and dads. 9 Ways to a Resilient Child gives parents practical strategies to help their children cope with the challenges that life throws at them - from friendship problems and bullying to losing a game or failing an exam. Even our home environment and the way that we parent can impact our children's potential to recover from difficulty. Dr Coulson explains the factors that help or hinder resilience and why common advice such as 'Toughen up, princess' just doesn't work. Learn the secrets of positive psychology that will build your child's capacity to bounce back, stronger and more resilient than ever, including the ability to think flexibly, exercise self-control, and make safe and healthy choices. Discover the powerful impact of family, relationships, school and community, and the most effective ways to support your child. Dr Coulson aims to bolster resilience - not just in our children, but also in ourselves. Because it takes resilient parents to raise a resilient child.

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