



Rebound From Crisis: Resilience for Crisis Survivors

Nathan Davis, Beth Davis D. Min

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Filled with real-life examples, this book equips survivors of crises and disasters with skills to rebuild resilience. Most individuals cannot prevent or manage the high level of vicarious stresses brought by their environment. They can, however, build resilience to rebound quickly. This book helps victims to: > Develop research-proven skills for physical resilience. > Develop research-proven skills for emotional resilience. > Develop Bible-based skills for spiritual resilience.

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