



The Woman's Book of Resilience: 12 Qualities to Cultivate

Beth Miller

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Beginning years ago with her work with women in grief, Beth Miller has helped hundreds of people in her therapeutic practice to learn to be resilient and survive life crises to become deeper, more powerful, and authentic human beings. Packed with information and exercises, *The Woman's Book of Resilience* is a smart, often funny, book that can help any woman thrive amid life's ups and downs. When we cultivate resilience, we mine the awful, or merely annoying, experiences in life to find meaning and purpose.

The Woman's Book of Resilience is an accessible, practical guide to bouncing back. "We know that resiliency reigns because we survive to tell our tales of misfortune, trauma, abuse. Indeed, we are built to be able to go to the edge of life and come back with heart and soul elevated... We are built to be resilient, to be able to take sure and steady steps over rocky terrain."

Miller offers 12 qualities that help women develop and learn resilience.

Readers learn to:

- 1. Admit and embrace vulnerability
- 2. Practice and increase the ability to connect
- 3. Find manageable parts of the problem
- 4. Discover their needs and get them met
- 5. Recognize their gifts and talents
- 6. Develop the ability to say no and set limits and boundaries
- 7. Practice transforming resentment and forgiving
- 8. Use their sense of humor
- 9. Use the power of staying and leaving
- 10. Find meaning in crisis
- 11. Endure suffering through crisis
- 12. Stand alone

Each of the twelve is a chapter with case histories, stories, and plenty of try this, this, or this--exercises to turn to again and again. With a foreword by June Singer.

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Kerry Erdman:

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Ralph Smith:

Reading can called head hangout, why? Because if you are reading a book particularly book entitled *The Woman's Book of Resilience: 12 Qualities to Cultivate* your mind will drift away trough every dimension, wandering in every aspect that maybe mysterious for but surely might be your mind friends. Imaging just about every word written in a book then become one application form conclusion and explanation this maybe you never get before. The *The Woman's Book of Resilience: 12 Qualities to Cultivate* giving you another experience more than blown away the mind but also giving you useful information for your better life with this era. So now let us explain to you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished studying it, like winning a game. Do you want to try this extraordinary spending spare time activity?

Diana Erickson:

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