



Bounce Back: How to Be A Resilient Kid

Wendy L. Moss

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Some people seem to just automatically bounce back from tough times. But the truth is that resilience is not something you are born with--it must be learned. Resilience isn't just about being tough in the face of adversity, but rather learning to make connections with others, move toward goals, maintain a positive view, and accept that change is part of life. Bounce Back will help you find your bounce using quizzes, advice, and practical strategies to build up resiliency skills.

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