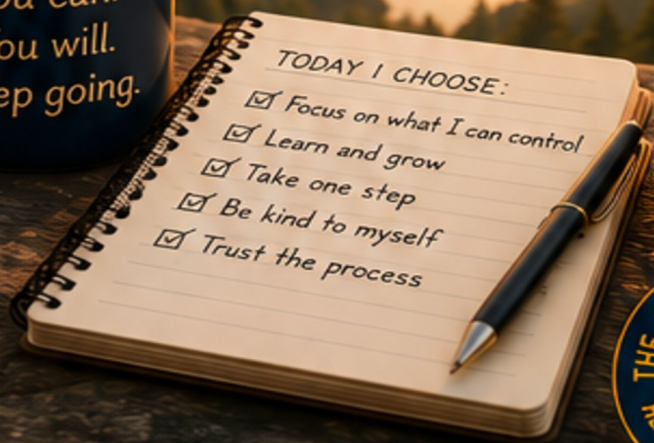


THE BETTER LIFE SERIES

PRACTICAL PSYCHOLOGY FOR REAL LIFE

RESILIENCE: BOUNCE BACK STRONGER

Handle Setbacks, Adapt to Change
and Keep Moving Forward



ALDEN M. CORVALE

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This book is for educational and informational purposes. It is not a substitute for individualized medical, psychological, legal, or financial advice.

If you are in immediate danger or unable to function safely, seek appropriate professional or emergency support.

Introduction

Resilience is one of the most useful skills you can build because life does not ask permission before it changes. Plans fail. People leave. Work becomes uncertain. Health changes. Money gets tight. Mistakes happen. Even good transitions can shake your sense of stability.

This book is not a promise that you will become unaffected by difficulty. That would not be human. It is a practical guide to becoming more recoverable: better able to stabilize, think clearly, adapt, ask for help, protect your energy, and keep moving toward what matters.

Use the exercises as practice, not as tests. A resilient response is often imperfect. You may still cry, get angry, need rest, change your mind, or ask for support. The point is not to look strong. The point is to respond in ways that strengthen your future rather than shrink it.

If you are dealing with severe trauma, major depression, ongoing abuse, a medical crisis, or symptoms that make daily functioning difficult, use this book as general support rather than a substitute for qualified professional care.

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