

Handbook Of Family Resilience

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Resilience is a topic that is currently receiving increased attention. In general, resilience refers to the capacity of those who, even under the most stressful circumstances, are able to cope, to rebound, and to go on and thrive. Resilient families are able to regain their balance following crises that arise as a function of either nature or nurture, and to continue to encourage and support their members as they deal with the necessary requirements for accommodation, adaptation and, ultimately, healthy survival. Handbook of Family Resilience provides a broad body of knowledge regarding the traits and patterns found to characterize resilient individuals and well-functioning families, including those with diverse structures, various ethnic backgrounds and a variety of non-traditional forms. This Handbook brings together a variety of perspectives aimed at understanding and helping to facilitate resilience in families relative to a full range of challenges. EAN/ISBN : 9781461439172 Publisher(s): Springer, Berlin, Springer, New York Discussed keywords: Familie, Familientherapie, Resilienz Format: ePub/PDF Author(s): Becvar, Dorothy S.

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