



# Learning from Resilient People: Lessons We Can Apply to Counseling and Psychotherapy

*Morley D. Glicken*

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This comprehensive core textbook analyzes how resilient people navigate the troubled waters of life's traumas and identifies how learning about resilience may help cultivate this quality in other, less resilient, people. Author Morley D. Glicken explains the inner self-healing processes of resilient people and helps individuals training in the helping professions to learn to use these processes in working with their clients.

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