



## Building Resilience: The 7 Steps to Creating Highly Successful Lives (Paperback)

By Les Duggan, Mark Solomons

Developing Potential, United Kingdom, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. A practical guide for teachers and parents to help young people build resilience and lead happy and successful Lives. The book is full of explanations, stories and exercises, so you can use it in the classroom to engage your students in taking responsibility for their own personal development and performance. Seven easy to follow steps that will give every young person the best chance of making the most of their unique talents and fulfilling their true potential. Everything you will discover in this book about building resilience in your students will enable you to support their growth as they begin to understand that having resilience is one of the keys to achieving their goals and the results they want. The content is based on 20 years of experience working with and supporting successful leaders in business, education and sport, and other elite performers, such as Olympians. It has the endorsement of Baroness Sue Campbell and Sir Tim Brighouse, as well as positive early reviews from the many school leaders we shared it with prior to publication. This book provides a very...

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