

Resiliency In Action

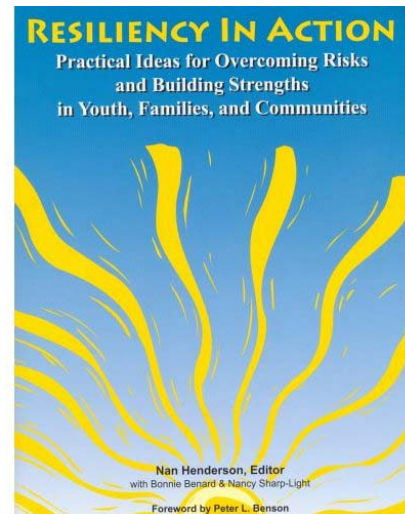
P.O. Box 1433
Ojai, CA 93024

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Contact Nan Henderson, tel. 805-640-6540,
e-mail, nhenderson@resiliency.com

“[This book is] bursting with new ideas, exemplars of best practices, portraits of innovative programs and relevant policies, and interviews with individuals, leaders, and pioneers in the field who have been doing resiliency work for years. Ahead of the curve.”

--Dennis Saleeby, Ph.D., Professor of Social Welfare, U. of Kansas,
Editor of *The Strengths Perspective in Social Work Practice*



How to Build “Bounce-Back” Kids, Families, Schools, and Communities

This is the theme of *Resiliency In Action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families, and Communities*, edited by internationally recognized resiliency expert Nan Henderson, M.S.W. The book is a research-based, practical guide for educators, counselors, parents, community organizers, and mentors—and is filled with the latest strategies for helping children, families, schools, and communities bounce back from risk, stress, trauma, and adversity.

More than two dozen experts in the fields of child, family, organizational, and community resiliency contributed to the book, which “challenges a widely accepted myth about people—especially young people, who experience risks, stress, trauma, and adversity in their lives,” according to Henderson. “Contrary to popular opinion, the majority of these individuals, over time, do bounce back and do well. There is a growing body of scientific research from several fields that documents this fact and yields important information as to what can be done every day to facilitate this process of overcoming.”

Henderson calls the book “three books in one: it contains the most recent research, hands-on and practical strategies, and stories of resilient individuals and best practices.” The book includes 60 chapters grouped in seven sections: The Foundations of Resiliency, Resiliency and Schools, Resiliency and Communities, Resiliency Connections (Mentoring, Support, and Counseling), Resiliency and Youth Development, Resiliency and Families, and Resiliency and the Brain.

Henderson is an international trainer and consultant on fostering resiliency and the author/editor of several other books and articles, including *Resiliency In Schools: Making It Happen for Students and Educators*. Her publications are used in more than 25 countries and have been translated into Spanish and Russian. She has worked for national, state, and local agencies and school organizations. The Pennsylvania Department of Education recently mandated the use of Henderson’s resiliency model in every public school in the state, and Henderson is also involved in incorporating the model into 500 New York City Schools. “There is an extremely strong correlation between the recommendations for fostering resiliency and academic success,” she notes. “We, as human beings, are ‘hard-wired to bounce back,’” she adds. “This book explains exactly how that happens and what we can do so it more easily happens.”

The book is available for \$36.95 from Resiliency In Action, www.resiliency.com, 800-440-5171, or at amazon.com.

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Resiliency In Action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families, and Communities, edited by Nan Henderson, M.S.W., with Bonnie Benard and Nancy Sharp-Light. 248 pages. ISBN 0-9669394-3-3
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