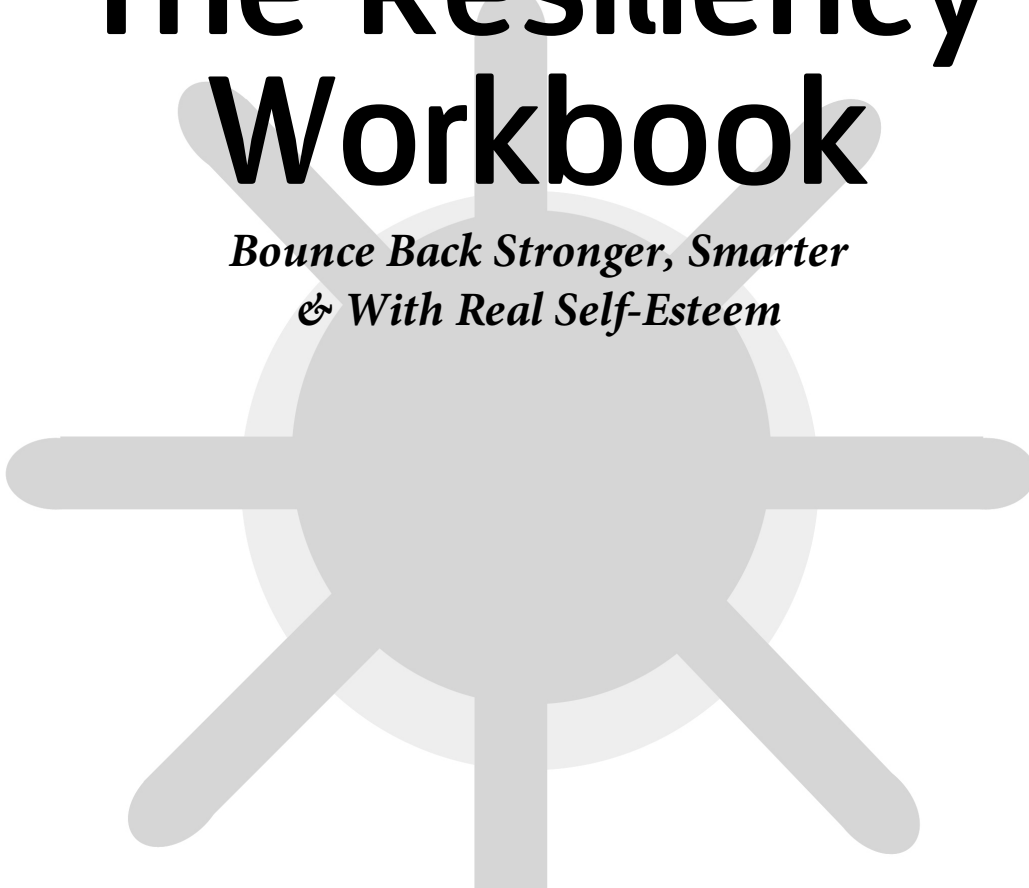


The Resiliency Workbook



*Bounce Back Stronger, Smarter
& With Real Self-Esteem*

Nan Henderson, M.S.W.

Resiliency In Action, Inc.
Solvang, CA

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For Bruce,
the most wonderful mirror of my life,
with love & gratitude

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