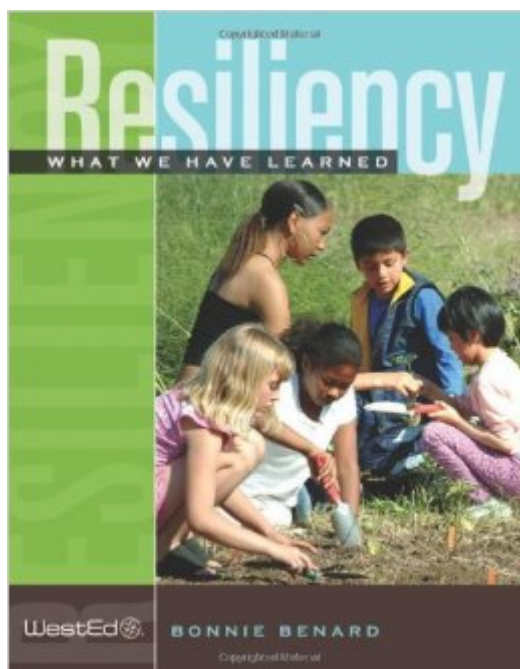


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# Resiliency: What We Have Learned



## Synopsis

A few years ago, resiliency theory was relatively new to the fields of prevention and education. Today, it is at the heart of hundreds of school and community programs that recognize in all young people the capacity to lead healthy, successful lives. The key, as Benard reports in this synthesis of a decade and more of resiliency research, is the role that families, schools, and communities play in supporting, and not undermining, this biological drive for normal human development. Of special interest is the evidence that resiliency prevails in most cases by far -- even in extreme situations, such as those caused by poverty, troubled families, and violent neighborhoods. An understanding of this developmental wisdom and the supporting research, Benard argues, must be integrated into adults' vision for the youth they work with and communicated to young people themselves. Benard's analysis of how best to incorporate research findings to support young people is both realistic and inspirational. It is an easy-to-read discussion of what the research has found along with descriptions of what application of the research looks like in our most successful efforts to support young people.

## Book Information

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## Customer Reviews

This book is the best explanation of "resiliency" that I've ever encountered. It's easy to read, without a lot of jargon, and it provides all the information one would need on the topic. The author has done a great job pulling together all the research. Anyone who works in teaching, education, social work, child development, or counseling should have this on their book shelf. In short, this book is a treasure!

I'm a doctoral student studying resilience education. I have read hundreds of books and articles related to resilience. I wish I had known to read this book first because it carefully presents the evolution over time of the three stages of resilience work. Knowing these stages has helped me sort out what seemed to be contradictions in this field. The new attitude of positive psychology is truly a new mindset and makes resilience education a mainstream topic that is appropriate at any school. Overall, this book has carefully organized material and is well written. For a more practical how-to book, also get "Resiliency in action: Practical Ideas for Overcoming Risks and Building Strengths in Youth, Families and Communities, 2nd ed." (Henderson, 2007) which Benard co-authored.

It has some good information, but few actual suggestions on what to do. The majority of the book was just theory, I wanted more tangible suggestions that I could follow through with.

This book provides strong support for my dissertation topic--student resiliency. I have been able to move ahead in my writing now that I have this book.

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