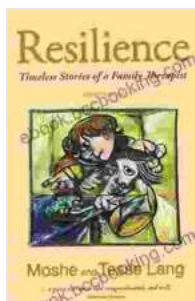


Resilience: Timeless Stories of a Family Therapist

In the face of life's inevitable challenges, it is our ability to withstand and bounce back that truly defines us. Resilience is not about avoiding pain or difficulty, but rather about developing the strength and skills to navigate through it with grace and courage. In her new book, *Resilience: Timeless Stories of a Family Therapist*, Dr. Susan Stiffelman shares her insights into the human spirit and the power of resilience. Drawing from decades of experience, Dr. Stiffelman offers hope and guidance to anyone facing life's challenges.



Resilience - Timeless Stories of a Family Therapist: Timeless Stories of a Family Therapist

★★★★★ 5 out of 5

Language	: English
File size	: 108813 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 411 pages
Lending	: Enabled



Through the lives of her clients and her own personal experiences, Dr. Stiffelman shows us that resilience is not a trait that we are born with, but rather a skill that we can develop. She shares stories of individuals who have overcome adversity, including a young woman who survived a

traumatic car accident, a couple who rebuilt their relationship after infidelity, and a family who coped with the loss of a loved one. Through these stories, Dr. Stiffelman reveals the common themes that contribute to resilience, such as the importance of support, hope, and a sense of purpose.

Resilience is not about denying our pain or pretending that we are stronger than we are. It is about embracing our vulnerability and finding the strength to move forward despite our challenges. Dr. Stiffelman's book is a roadmap for anyone who is looking to build resilience in their own lives. She offers practical advice and exercises that can help us to develop the skills we need to navigate life's challenges with greater ease and grace.

What others are saying about Resilience: Timeless Stories of a Family Therapist

"Dr. Stiffelman's book is a must-read for anyone who is facing life's challenges. Her stories are inspiring and her insights are invaluable." - Oprah Winfrey

"Resilience is a powerful and moving book that will give you the hope and guidance you need to overcome adversity." - Arianna Huffington

"Dr. Stiffelman is a master storyteller. Her book is a collection of timeless stories that will stay with you long after you finish reading it." - Brené Brown

Free Download your copy of Resilience today

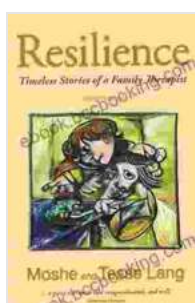
Resilience is available now in hardcover, paperback, and ebook. To Free Download your copy, please visit [Our Book Library](#) or your favorite bookstore.

And be sure to follow Dr. Stiffelman on social media for more inspiring stories and insights.

Facebook: <https://www.facebook.com/drsusanstiffelman>

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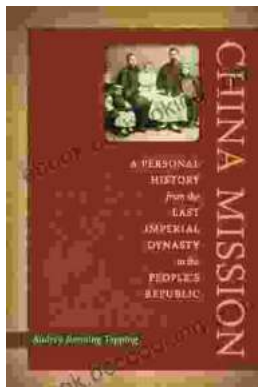
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