Contents

Acknowledgments x

1 What Is Resilience? 1
2 Optimism: Belief in a Brighter Future 25
3 Face Your Fears 49
4 Moral Compass 71
5 Religion and Spirituality 87
6 Social Support 105
7 Role Models 123
8 Mind Your Body 141
9 Challenge Your Mind 159
10 Cognitive and Emotional Flexibility 173
11 Meaning, Purpose, and Growth 193
12 The Practice of Resilience 209

Resilience Facing Death: A Tribute to Dr. Steven M. Southwick 229

List of Abbreviations 239
References 240
Index 257