

"Brooks and Goldstein tell us the importance of bouncing back from the big and little adversities of life, and they give us the skills to do that."

—Myrna Shure, Ph.D., author of *Raising a Thinking Child*

# NURTURING RESILIENCE IN OUR CHILDREN



ANSWERS TO THE MOST IMPORTANT  
PARENTING QUESTIONS

Robert Brooks, Ph.D., and Sam Goldstein, Ph.D.

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