



# Rebound From Disaster: Resilience for Disaster Survivors (Volume 5)

*Nathan Davis*

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## **Rebound From Disaster: Resilience for Disaster Survivors (Volume 5)** Nathan Davis

Filled with real-life examples, this book equips survivors of crises and natural disasters to rebuild resilience. Most individuals cannot prevent or manage the high level of vicarious stresses brought by their environment. They can, however, build resilience to rebound quickly. This book helps victims to: > Develop research-proven skills for physical resilience. > Develop research-proven skills for emotional resilience. > Develop research-proven skills for spiritual resilience.

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