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Amazon.co.uk:Customer reviews: Resilience: A Practical ...

Review of Resilience: A Practical Guide for Coaches, Carole Pemberton. Author: Carole Pemberton. Published by: Open University Press. Area: Cognitive Behavioural, Introductory, Self Help. Reviewed by: Julie Hay. © 2015 Julie Hay. Date: 21st July 2015. Sometime ago I reviewed another book on resilience (Neenan 2009) and it has been interesting to compare the definition of resilience in that as "... a set of flexible cognitive, behavioural and emotional responses to acute or chronic ...

Resilience: A Practical Guide for Coaches In the below video, Carole's explains what her new book 'Resilience: A Practical Guide for Coaches' is all about. You can pre-order the book at McGraw-Hill Education and click here to read a free sample chapter.

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Resilience: A Practical Guide for Coaches by Pemberton at AbeBooks.co.uk - ISBN 10: 0335263747 - ISBN 13: 9780335263745 - Open University Press - 2015 - Softcover

In Resilience, Carole Pemberton offers a fresh and thoughtful framework for understanding what resilience is and is not, and why it has such potential for triggering feelings of being de-stabilized. Her book takes you step by step through a series of practical interventions, a menu of options, each with their research base and with their practicality explored.

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