



RAISING  
RESILIENT  
KIDS

RHONDA  
SPENCER-HWANG

## Raising Resilient Kids Award Winning

**Rhonda Spencer-Hwang, Rhonda  
Spencer-Hwang Drph Mph**

## **Raising Resilient Kids Award Winning:**

**Raising Resilient Kids** Rhonda Spencer-Hwang, Rhonda Spencer-Hwang Drph Mph, 2021 Rhonda Spencer Hwang a mom of three children and a professor of public health set out to discover how to promote health and well being beginning in childhood Living in a community known worldwide for the unusual resilience and longevity of its citizens she wondered What childhood practices have protected the centenarians in my area from the stresses of hardship and encouraged their accomplishments She set out to interview as many of them as she could find and what she learned may change your life

*Option B* Sheryl Sandberg, Adam Grant, 2017-04-24 1 NEW YORK TIMES BEST SELLER From authors of *Lean In* and *Originals* a powerful inspiring and practical book about building resilience and moving forward after life's inevitable setbacks After the sudden death of her husband Sheryl Sandberg felt certain that she and her children would never feel pure joy again I was in the void she writes a vast emptiness that fills your heart and lungs and restricts your ability to think or even breathe Her friend Adam Grant a psychologist at Wharton told her there are concrete steps people can take to recover and rebound from life shattering experiences We are not born with a fixed amount of resilience It is a muscle that everyone can build *Option B* combines Sheryl's personal insights with Adam's eye opening research on finding strength in the face of adversity Beginning with the gut wrenching moment when she finds her husband Dave Goldberg collapsed on a gym floor Sheryl opens up her heart and her journal to describe the acute grief and isolation she felt in the wake of his death But *Option B* goes beyond Sheryl's loss to explore how a broad range of people have overcome hardships including illness job loss sexual assault natural disasters and the violence of war Their stories reveal the capacity of the human spirit to persevere and to rediscover joy Resilience comes from deep within us and from support outside us Even after the most devastating events it is possible to grow by finding deeper meaning and gaining greater appreciation in our lives *Option B* illuminates how to help others in crisis develop compassion for ourselves raise strong children and create resilient families communities and workplaces Many of these lessons can be applied to everyday struggles allowing us to brave whatever lies ahead Two weeks after losing her husband Sheryl was preparing for a father child activity I want Dave she cried Her friend replied *Option A* is not available and then promised to help her make the most of *Option B* We all live some form of *Option B* This book will help us all make the most of it

Good Moms DO Cry Lucy Chen, 2025-11-07      **Self-Harm** Michelle Mitchell, 2023-10-04 A much needed resource empowering readers with powerful insights a road map of practical strategies and above all else hope Karen Young child adolescent anxiety specialist Helping teens and tweens cope when times are tough Wisdom infused hope filled and research driven If you have a child who is struggling with self harm I want to remind you that you are your child's greatest advantage What you do and how you respond matters This book was written for you and your family Non suicidal self injury NSSI is a global mental health concern with studies conservatively indicating 10% of young people experiment with self harm The ways in which young people self harm are wide and varied and a challenge many families now have to face It remains

distressing and difficult for parents and caring adults to understand as it seems to go against every innate instinct of self protection and survival In this book award winning speaker author and educator Michelle Mitchell has combined her 20 years experience with the latest research interviews with experts and stories from professionals and everyday families to give parents and teachers fresh insights into how to prevent understand and respond to self harm Full of evidence based strategies this unique resource will provide parents with the facts practical help and comfort they need Michelle answers questions like Why does my child want to hurt themselves Is self harm about attention seeking What do I say if I suspect self harm Why is self harm so addictive How do I manage their safety How do I best take care of siblings and other family members When is it necessary to seek support Michelle goes where few have gone before in tackling the distressing confusing and fraught issue of self harm in our young people Michelle has done us all a great service in bringing us this invaluable title Melinda Tankard Reist Author Speaker co founder Collective Shout Michelle gives a strong and poignant voice not only to those who are self harming but also to the ones who love them This book traverses that gap It is an intelligent thoughtful and much needed resource empowering all who read it with powerful insights a road map of practical strategies and above all else hope Karen Young Author Speaker Parenting and Child Adolescent Anxiety Specialist *Self Harm: Why Teens Do It And What Parents Can Do To Help* Michelle Mitchell, 2022-03-01 Supporting a young person who is self harming feels like a minefield Why are they doing it And Why can't they just stop Self harm goes against every innate instinct of self protection and survival and remains a distressing and difficult issue for parents and carers Uncovering the wide and varied reasons and ways young people self harm this book offers fresh insights into how to prevent understand and respond to self harm With 20 years experience in the latest research Michelle Mitchell combines interviews expert advice and personal stories in one unique resource to provide parents and carers with the practical help and comfort they need Michelle Mitchell is an educator author and award winning speaker with a passion for supporting families Having left teaching in 2000 Mitchell founded Youth Excel a charity supporting young people with life skills education mentoring and psychological services Bringing hands on experience in the health and wellbeing sector she is now the author of the bestselling self help books *Self Harm Why Teens Do It And What Parents Can Do To Help* and *Everyday Resilience Helping Kids Handle Friendship Drama Academic Pressure and the Self Doubt of Growing Up* She lives in Brisbane Australia with her husband and two teenagers *Tiny Humans, Winning In Losing* James W, 2025-06-15 What if your child's biggest wins came from their toughest losses From the author of *Tiny Humans* Tough Love comes the next breakthrough in real world parenting *Tiny Humans Winning in Losing* a heartful no fluff guide to raising resilient kids who can lose with grace win with humility and bounce back stronger every time Meet Aiden a spirited only child who cries when he loses gloats when he wins and sometimes crumbles at the first sign of struggle Sound familiar Through Aiden's real life moments from a board game blow up to a crushing chess tournament defeat you'll walk step by step through the emotional rollercoaster of childhood

competition and learn how to coach your own kids through the same. This isn't about raising perfect children. It's about raising capable ones. Inside this book you'll learn how to help your child handle disappointment without meltdowns. Teach ownership without shame or blame. Shift the focus from winning to growing. Celebrate quiet confidence and character. Raise someone who can lose and lead with grace. With humor, honesty, and hard-won wisdom, *Tiny Humans: Winning in Losing* gives you a front-row seat to Aiden's transformation and a practical roadmap to help your own child build grit, emotional regulation, and true self-worth. If you're ready to trade tantrums for growth and trophies for character, this book is your next parenting companion.

**Raising a Self-Disciplined Child: Help Your Child Become More Responsible, Confident, and Resilient** Robert Brooks, Sam Goldstein, 2004-04-22

Learn to raise a self-disciplined child who is confident, independent, and happy. *Raising a Self-Disciplined Child* is the groundbreaking book parents have been waiting for: a remarkably positive approach to a style of discipline that builds children up from the acclaimed authors of *Raising Resilient Children*. Filled with realistic practical strategies and sample scenarios, it shows you ways to teach children of any age, from preschool to adolescence, the value of self-control, self-reliance, and self-assurance: the all-important skills that will last a lifetime. Praise for *Raising Resilient Children*: Practical and clear in its suggestions, direct and supportive in its tone, *Raising Resilient Children* is the perfect book for parents searching for a caring method to help their children grow into healthy, loving, and mature adults. William Pollack, Ph.D. author of *Real Boys*. Brooks and Goldstein help mothers and fathers focus on their child's strengths, not on his or her weaknesses. The result is a happier, more resilient child. Michael Thompson, Ph.D. author of *i* *Raising Cain*

**Forthcoming Books** Rose Arny, 2001-06 **Raising Resilient Children** Robert Brooks, Sam Goldstein, 2002-09-18 Discusses the importance of fostering the qualities of resilience in children and offers specific ideas and strategies designed to help parents raise strong, hopeful, optimistic children.

**Good Housekeeping**, 2003 **Youth Futures** Jennifer Gidley, Sohail Inayatullah, 2002-08-30 How do young people see the future? Are they optimistic or pessimistic? Do their views vary from culture to culture? Are young people actively engaged in creating their desired futures or are they passively receiving the future? What effect has globalization on youth culture? How is the future taught in schools? These and many other questions are dealt with in this volume of comparative empirical research from around the world on how youth see the future. Generally, youth are considered immature, irresponsible toward the future, cliquish, impressionistic, and dangerous toward self and others. They are considered as a mass market, two billion strong, the passive recipients of globalization. Most recently in OECD nations, youth have become fodder for political speeches; they are the problem that reflects both the failure of the welfare state dependence on the state, the failure of globalization, unemployment, and postmodernism, loss of meaning, and the crisis of the spirit. In the Third World, youth are seen not only as the problem but equally as the force that can topple a regime, as in Yugoslavia. However, youth can also be seen as carriers of a new worldview, a new ideology. These and other views concerning youth are examined in this volume of comparative empirical research. Studies from around the world provide intriguing

answers to questions about how youth see the future and their future roles This book will be of particular interest to scholars students researchers and policymakers involved with youth issues and future studies **Public Library Catalog** Juliette Yaakov,2004 More than 8 000 books in the main volume More than 2 400 new titles in annual paperbound supplements More than 2 000 analytic entries for items in collections and anthologies **Your Defiant Teen, First Edition** Russell A.

Barkley,Arthur L. Robin,2008-02-02 When your teen s rebellious behavior crosses the line how can you reestablish your authority without getting caught in a power struggle Bestselling authors and distinguished psychologists Russell Barkley and Arthur Robin have each spent decades helping parents and kids resolve standoffs and repair their relationships Now they ve distilled their approach into a clinically proven self help program that can help you break through to your teen and rebuild trust Centered around 10 simple steps that lead to better behavior Your Defiant Teen provides practical guidelines for putting an end to the hostilities You ll learn realistic ways to foster mutual respect introduce cooperative problem solving and strengthen family relationships while giving your teen vital skills for becoming a mature independent adult **American**

Book Publishing Record ,2002 **Public Library Core Collection** John Greenfieldt,Patrice Bartell,2008 Wilson s Public Library Core Collection Nonfiction 13th Edition 2008 recommends reference and nonfiction books for the general adult audience It is a guide to over 9 000 books over 6 500 titles are new to this edition plus review sources and other professional aids for librarians and media specialists Acquisitions librarians reference librarians and cataloguers can all use this reliable guide to building and maintaining a well rounded collection of the most highly recommended reference and nonfiction books for adults All titles are selected by librarians editors advisors and nominators all of them experts in public library services The collection is a valuable tool for collection development and maintenance reader s advisory weeding your collection and curriculum support Richly enhanced records provide a wealth of useful information All entries include complete bibliographic data as well as price subject headings annotations grade level Dewey classification cover art and quotations from reviews

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,2001-05 **2004 Writer's Market Online** Kathryn Struckel Brogan,Robert Lee Brewer,2003 This resource provides all the benefits of the Writer s Market book plus a yearlong subscription to an updated Web site with all the relevant information writers need

**Library Journal** ,2001 *Child, Family, School, Community* Roberta Berns,2004 The best selling text in this area Child Family School Community deftly explores all the contexts in which children develop socially with sensitivity professional insight and current research Berns text describes and analyzes how a child s reciprocal interactions with family school peer groups media and community influences his or her developmental outcomes Further it takes a comprehensive look at the effects of family child care school peer group media community and societal factors including culture political ideology economics technology on the socialization of the child Truly ideal for undergraduate students and anyone who works with children Child Family School Community underscores the immeasurable value in preparing the child with the ability to adapt to a changing world

**Black Deaf Students** Carolyn Estelle Williamson,2007 Publisher description

## Reviewing **Raising Resilient Kids Award Winning**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing.

Within the pages of "**Raising Resilient Kids Award Winning**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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## **Raising Resilient Kids Award Winning Introduction**

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