



## Developing Resilience: A Workbook for Teens

By Stacy Zeiger

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### Developing Resilience: A Workbook for Teens By Stacy Zeiger

Resilience is the ability to recover from a difficult situation. It's also a key trait for teens. This workbook uses scenarios and activities to introduce teens to resilience and help them develop traits of resilient people, including setting long-term and short-term goals, building a support network, and being financially smart.

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