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approaches, this practical guide will take you through each stage of preparing for, enduring and recovering from a major life crisis helping you better understand what's going on, and providing new tools for dealing with the situation.

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There are several key aspects of resilience: Positive relationships—is the most important factor. The ability to make plans and take action to solve problems. The capacity to manage difficult emotions—mindfulness is an important aspect here. Effective communication skills. Here are five ways to build resilience: Nurture relationships. Have a range of positive, supportive connections within and outside your family.

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