

**HARDINESS: TURNING STRESSFUL CIRCUMSTANCES  
INTO RESILIENT GROWTH (SPRINGERBRIEFS IN  
PSYCHOLOGY)**

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This book discusses decades of research, defining the special value of hardiness : being resilient by not only surviving, but thriving under stress, thereby.

Hardiness: turning stressful circumstances into resilient growth. Responsibility Publication date: ; Series: SpringerBriefs in psychology, ; ISBN.

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Journal of Personality and Social Psychology, 56, The book includes examples of hardiness assessment and training. SusanneMethven. The book starts with the special value of hardiness in being resilient by not only surviving, but also thriving under stress, and thereby achieving fulfillment in living. Consistent with this are the findings of the factor analytic study of Sinclair and Tetrick which shows that the 3Cs are first-order, positively correlated factors, that lead to the total hardy attitudes as a second-order factor. Any combination of, or all of the hardy skills may be included, as long as there remains emphasis on the feedback from efforts that will build the hardy attitudes. In order to keep developing, you must treat stressful circumstances as an opportunity. Hardy Strategies.