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# RESILIENCE

**Discovering a New Strength  
at Times of Stress**

The extraordinary theory that has revolutionized  
how we view mental and physical health and  
given us invaluable new ways to manage our lives

**FREDERIC FLACH, M.D., K.C.H.S.**

Bestselling author of *The Secret Strength of Depression*

With a New Foreword by Stephen Moss, Ph.D.

# Resilience Discovering A New Strength At Times Of Stress

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