

Resilience and Post-Traumatic Growth

Introduction

Resilience is the ability to bounce back from adversity. It is a dynamic process that involves the use of personal and social resources to cope with stress and adversity. Resilience is not a fixed trait, but a skill that can be developed and strengthened over time.

Resilience is a complex phenomenon that involves the interaction of biological, psychological, and social factors. It is a dynamic process that evolves over time and is influenced by the individual's environment and experiences.

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Resilience and Post-Traumatic Growth

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