

Handout from Chris Johnstone's *Personal Resilience in an Hour* online course

## **Reading and Resources list for Personal Resilience in an Hour**

Here are three books I'd recommend

**The Resilience Factor** by Karen Reivich and Andrew Shatté  
Broadway books, 2003

**The Resiliency Advantage** by Al Siebert,  
Berrett-Koehler, 2005

**Resilience: The Science of Mastering Life's Greatest Challenges** by  
Stephen Southwick and Dennis Charney, Cambridge University Press, 2012

Plus two books by Chris Johnstone, the trainer for this course

**Find Your Power – a toolkit for resilience and positive change**, 2<sup>nd</sup> Ed,  
Permanent Publications, 2010

**Active Hope – how to face the mess we're in without going crazy**  
(co-authored with Joanna Macy, and more about developing resilience in our civilization), New World Library 2012.

And two other books I'd recommend

**Hole – kidnapped in Georgia** by Peter Shaw (featured in Strategy 1)  
Accent Press, 2006

**Flourish by Martin Seligman** (an introduction to Positive Psychology)  
Nicholas Brealey Publishing, 2011

Three Videos on the web

**TED talk by Angela Lee Duckworth**  
[http://www.ted.com/talks/angela\\_lee\\_duckworth\\_the\\_key\\_to\\_success\\_grit](http://www.ted.com/talks/angela_lee_duckworth_the_key_to_success_grit)

**TEDx talk by Giles Duley**, with an inspiring example of resilience  
[http://www.ted.com/talks/giles\\_duley\\_when\\_a\\_reporter\\_becomes\\_the\\_story](http://www.ted.com/talks/giles_duley_when_a_reporter_becomes_the_story)

**You-Tube video by Chris Johnstone**, Bristol Happiness Lectures 2010, in four parts of ten minutes each, at <http://collegeofwellbeing.com/videos/>

## **Web Resources**

**In Equilibrium website** at [www.in-equilibrium.co.uk/](http://www.in-equilibrium.co.uk/)  
Their Feb/March 2015 newsletter had a feature on resilience

**American Psychological Association Resilience Resource**  
<http://www.apa.org/helpcenter/road-resilience.aspx>

**Information about the Penn Resilience Program with Children**  
<http://www.ppc.sas.upenn.edu/prpsum.htm>

**Information about Resilience Research in Adults**  
<http://www.ppc.sas.upenn.edu/apexsum.htm>