



The Resilience Revolution: Discovering Strengths in Challenging Kids

Larry K. Brendtro, Scott J. Larson

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The Resilience Revolution: Discovering Strengths in Challenging Kids focuses on giving at-risk youth the most important factor in their success: a positive adult connection. This positive connection helps youth build resilience, the ability to persevere through and recover from adversity.

Larry Brendtro and Scott Larson use scientific research on resilience to reframe challenging behavior as pain-based behavior. The authors carefully describe practical strategies adults can use to help young people overcome their pain and develop resilience through:

- Building trust to meet the fundamental human need to belong
- Identifying innate talents and nurturing problem-solving skills
- Redefining "responsibility" to empower youth
- Instilling a sense of purpose and generosity toward others



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