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below video, Carole's explains what her new book 'Resilience: A Practical Guide for Coaches' is all about. You can pre-order the book at McGraw-Hill Education and [click here](#) to read a free sample chapter.

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Dr Carole Pemberton

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Review of Resilience: A

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Carole Pemberton. Author:
Carole Pemberton. Published
by: Open University Press.
Area: Cognitive Behavioural,
Introductory, Self Help.
Reviewed by: Julie Hay. ©
2015 Julie Hay. Date: 21st

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Coaches July 2015. Sometime ago I reviewed another book on resilience (Neenan 2009) and it has been interesting to compare the definition of resilience in that as "... a set of flexible cognitive, behavioural and emotional

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Coaches responses to acute or
chronic ...

Review of Resilience: A Practical Guide for Coaches ...

The resilient mindset: a
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Resilience is the ability of

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an ecosystem to absorb shocks, resist phase shifts and regenerate after natural and human-induced disturbances. For coral reefs, it is the ability of reefs to absorb recurrent disturbances, and rebuild

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Coral dominated systems
rather than shifting to
algal dominated systems.

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technology failures and a
hostile cyber environment.
In response, regulatory
attention is focusing on how
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which increase resilience

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within the project area by reducing the likelihood or consequences of flooding or coastal erosion. Provide public benefits.

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