



La Resiliencia: Una Calidad Extraordinaria de los Seres Humanos (Spanish Edition)

Rolando José Olivo

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En este ensayo se abordan los siguientes puntos: a) ¿Qué es la resiliencia?, b) ¿Por qué no todos los seres humanos son resilientes?, y c) las características que marcan las diferencias entre resilientes y no resilientes. Aunque todas las personas pueden desarrollar la resiliencia.

Contenido:

I. RESUMEN

II. DEFINICIÓN DE RESILIENCIA

III. UN CASO NOTABLE DE RESILIENCIA

IV. EL PROBLEMA DE LA RESILIENCIA

V. CARACTERÍSTICAS DE LOS RESILIENTES

VI. CONCLUSIONES

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