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# Overcoming Stress Beat Odds Manning

**important facts about resilience (revised) - melissa institute - meichenbaum** 4 what is resilience  
resilience is the capacity of people to effectively cope with, adjust, or recover from stress or adversity.  
resilience is the process and outcome of successfully adapting to difficult or challenging life experiences and  
the ability to rise above one's circumstances. resilience reflects the ability to confront and handle stressful life  
events, ongoing adversities **at-risk youth & resilience factors - vision realization** - at-risk youth &  
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