

Susan Fee's Suggested Reading List for Building Resiliency

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- Fee, S. [21 Days to Managing Your Stress](#). Cleveland, OH: Susan Fee & Associates, Inc., 2012.
- Fee, S. [Bouncing Forward: How to Respond Positively to Life's Challenges](#). Cleveland, OH: Susan Fee & Associates, Inc., 2011.
- Fee, S. [Building Resiliency: 68 Coping Strategies for Surviving & Thriving During Adversity](#). Cleveland, OH: Susan Fee & Associates, Inc., 2006.
- Frankl, V. *Man's Search for Meaning*. New York: Pocket (Revised & Updated) 1997.
- Gilbert, D. *Stumbling on Happiness*. New York: Vintage, 2007.
- Knaus, W. *The Cognitive Behavioral Workbook for Depression: A Step-by-step Program*. Oakland, CA: New Harbinger Publications, 2006.
- Kushner, H. *When Bad Things Happen to Good People*. New York: Anchor Books, 1981.
- Lesser, E. *Broken Open*. New York: Villard. 2005.
- O'Hanlon, B. *Do One Thing Different: Ten Simple Ways to Change Your Life*. New York: Harper Paperbacks, 2000.
- Reivich, K. & Schatte, A. *The Resilience Factor: 7 Keys to Find Your Inner Strength and Overcome Life's Hurdles*. New York: Broadway Books, 2003.
- Seligman, M. *Learned Optimism*. New York: Vintage, 2006.
- Seligman, M. *Authentic Happiness*. New York: The Free Press, 2002.
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