



# True Resilience: Building a Life of Strength, Courage, and Meaning

*Gail Wagnild*

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**True Resilience: Building a Life of Strength, Courage, and Meaning** Gail Wagnild

Feeling caught in cycles of failure or futility? Free yourself by discovering the power of true resilience — the one ability essential to transcending hardship and directing your life. Dr. Gail Wagnild offers inspiring stories, proven research, and fun quizzes as she teaches you to embrace the five core characteristics and four rules that will help you live your very best life.

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