

CAMBRIDGE

Medicine

SECOND EDITION

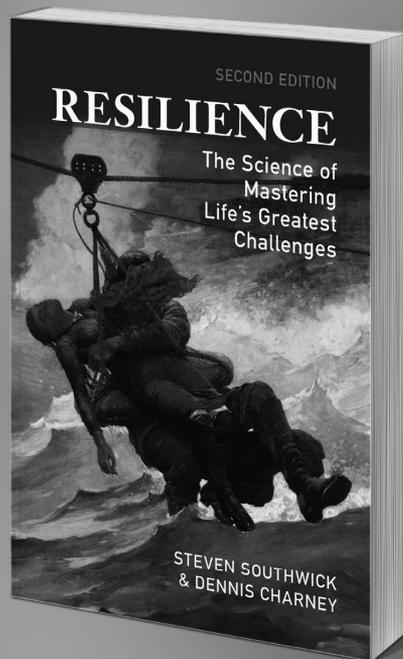
RESILIENCE

The Science of Mastering Life's Greatest Challenges

Authors:

Steven Southwick,
Yale University School of Medicine

Dennis Charney,
Mount Sinai School of Medicine, New York



Paperback / 9781108441667
March 2018 / \$24.99 / £19.99

Most of us at some point in our lives will be struck by major traumas such as the sudden death of a loved one, a debilitating disease, assault, or a natural disaster. Resilience refers to the ability to 'bounce back' after encountering difficulty. This book provides a guide to building emotional, mental and physical resilience by presenting ten factors to help anyone become more resilient to life's challenges.

Specific resilience factors such as facing fear, optimism, and social support are described through the experiences and personal reflections of highly resilient survivors. These survivors also describe real-life methods for practicing and benefiting from the resilience factors.

As resilience is the complex product of genetic, psychological, biological, social, and spiritual factors, the authors investigate resilience from multiple scientific perspectives. They synthesize the latest literature on the topic, describe their own research on resilience, and quote from their interviews with highly resilient people.

- Focuses on ten key resilience factors and addresses optimism, moral compass, role models, religion, and physical training, bringing hope and inspiration for overcoming adversity
- Provides recommendations for building resilience based on sound scientific knowledge
- Covers community resilience which clinicians, researchers and politicians are increasingly focused on due to the number of tragic events affecting communities world-wide

PRAISE FOR THE PREVIOUS EDITION:

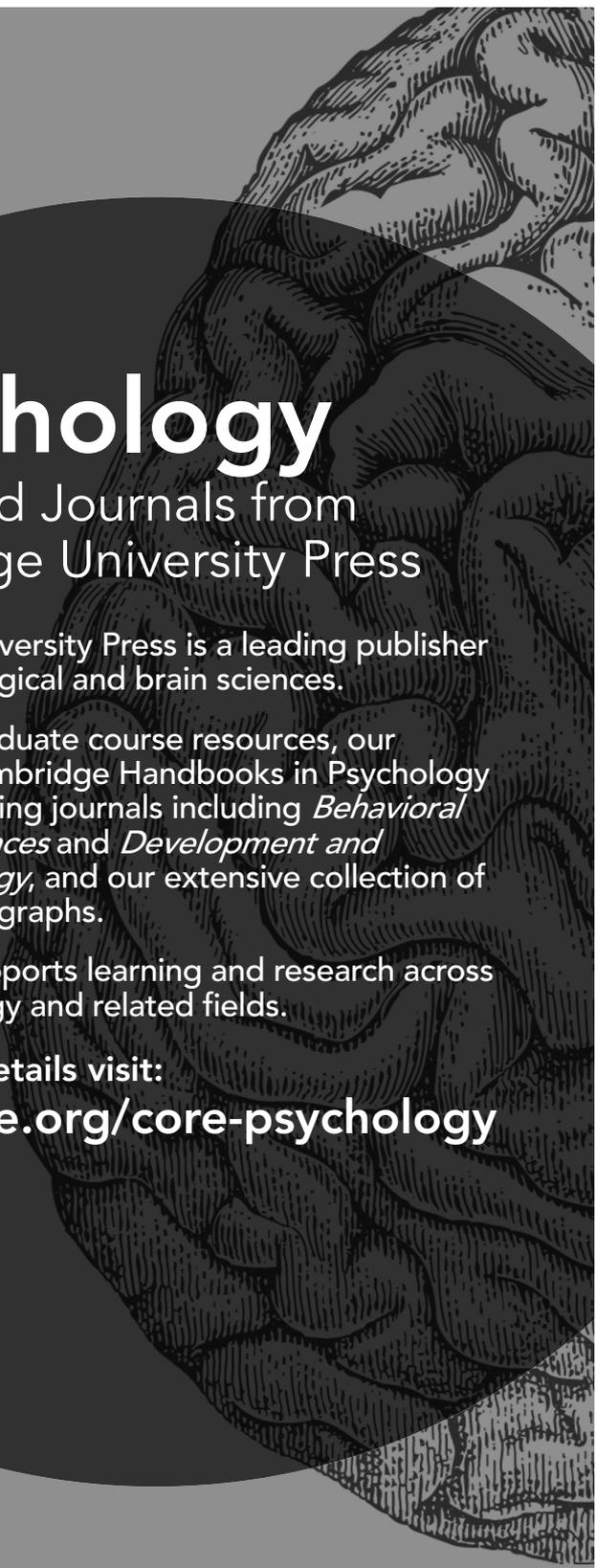
"[The authors] have written a crisp, user-friendly guide to the latest scientific research on resilience. With a light touch, they illuminate what seems to be every major study in the field over the last 20 years."
Washington Independent Review of Books

"This book is awesome. Nobody can predict the future and we all know that tragedy can strike at anytime. This book teaches you how to become stronger, how to bend but not break, and how to make the best out of a bad situation. The authors are real scientists—they cut through all the fluff out there and show you how to toughen up for the challenges that lie ahead. This book teaches you that you're a lot stronger than you think...that you are resilient." Earvin "Magic" Johnson

For more information, visit
www.cambridge.org/Resilience



CAMBRIDGE
UNIVERSITY PRESS



Psychology

Books and Journals from
Cambridge University Press

Cambridge University Press is a leading publisher in the psychological and brain sciences.

From undergraduate course resources, our prestigious Cambridge Handbooks in Psychology series, our leading journals including *Behavioral and Brain Sciences* and *Development and Psychopathology*, and our extensive collection of scholarly monographs.

Cambridge supports learning and research across all of psychology and related fields.

For further details visit:

[cambridge.org/core-psychology](https://www.cambridge.org/core-psychology)

Cambridge
Core



CAMBRIDGE
UNIVERSITY PRESS

Cambridge Core

Access
leading
journals in
your subject

Explore today at [cambridge.org/core](https://www.cambridge.org/core)

Cambridge **Core**



CAMBRIDGE
UNIVERSITY PRESS

Journal of the International Neuropsychological Society

Publishing, Advertising, Subscription Offices, and Indexing: Cambridge University Press, One Liberty Plaza, 20th Floor, New York, NY 10006. Telephone: (212) 337-5000; Fax (212) 337-5959. Outside the USA, Canada, and Mexico: Cambridge University Press, University Printing House, Shaftesbury Road, Cambridge CB2 8BS, England (Telephone: 144(0) 1223 312-393; Fax: 144(0)1223 315-052. For advertising rates and data, contact the Journals Advertising Coordinator at the appropriate Cambridge University Press office. The *Journal of the International Neuropsychological Society* is covered by the major abstracting and indexing services, including Index Medicus, ISI Current Contents/Clinical Medicine, PubMed, Science Citation Index, SciSearch (also known as the Science Citation Index-expanded), Research Alert, the Neuroscience Citation Index, and PsycInfo.

Subscription Information: Published ten times a year: January, February, March, April, May, July, August, September, October and November. Annual institutional print and electronic subscription rates: US \$1,251.00 in the USA, Canada, and Mexico; UK £716.00 + VAT elsewhere. Institutional electronic rates only: US \$876.00 in the USA, Canada, and Mexico; UK £527.00 + VAT elsewhere. Single part rates: US \$144.00 in the USA, Canada, and Mexico; UK £82.00 + VAT elsewhere. Prices include surface postage and insurance.

Member Subscription: The *Journal of the International Neuropsychological Society* is an official publication of The International Neuropsychological Society. Members of the Society automatically receive the *Journal of the International Neuropsychological Society* as part of their annual membership dues. For further information on membership, please visit the **INS** website, <http://www.the-ins.org>. **INS** office contact: Gordon J. Chelune, Ph.D., Executive Secretary, International Neuropsychological Society, 2319 South Foothill Drive #260, Salt Lake City, UT 84109. E-mail: INS@utah.edu; Telephone: (801) 487-0475.

Information on *Journal of the International Neuropsychological Society* and all other Cambridge journals is available via <http://www.cambridge.org/> in North America and in the UK. Full text for this journal can be found at <https://www.cambridge.org/core/journals/journal-of-the-international-neuropsychological-society>.

Copyright © 2018 The International Neuropsychological Society

All rights reserved. No part of this publication may be reproduced, in any form or by any means, electronic, photocopying or otherwise, without permission in writing from Cambridge University Press, except when permission is obtained through a bona fide copyright clearinghouse, such as the Copyright Clearance Center (USA) or the Copyright Licensing Agency (UK). For further information please visit <http://us.cambridge.org/information/rights/>. The CCC Item-Fee Code for this publication is 1355-6177/13 \$25.00. Specific written permission must be obtained for all other copying. **Photocopying for Classroom Use:** Permission to reproduce parts of this publication for course anthologies may be obtained directly from Cambridge University Press or through duly authorized services such as the Academic Permissions Service of the CCC, 222 Rosewood Drive, Danvers, MA 01923 and the Copyright Permissions Service of the National Association of College Stores, or through any photoduplication service that properly secures permission from Cambridge or the CCC.

Periodicals postage paid at New York, NY, and additional mailing offices. Return Postage Guaranteed. **Postmaster:** Send address changes in the USA and Canada to: *Journal of the International Neuropsychological Society*, Cambridge University Press, Journals Fulfillment Dept., One Liberty Plaza, 20th Floor, New York, NY 10006.

Printed in the United States of America.

This publication is printed on acid-free paper.

RESEARCH ARTICLES

- 213 *Subjective Cognitive Decline Modifies the Relationship Between Cerebral Blood Flow and Memory Function in Cognitively Normal Older Adults* C.C. Hays, Z.Z. Zlata, L. Campbell, M.J. Meloy, and C.E. Wierenga
- 224 *Predicting Fatigue 12 Months after Child Traumatic Brain Injury: Child Factors and Postinjury Symptoms* A. Crichton, E. Oakley, F.E. Babl, M. Greenham, S. Hearps, C. Delzoppo, M.H. Beauchamp, J.S. Hutchison, A.-M. Guerguerian, K. Boutis, and V. Anderson
- 237 *Neuropsychological Recovery Trajectories in Moderate to Severe Traumatic Brain Injury: Influence of Patient Characteristics and Diffuse Axonal Injury* A.R. Rabinowitz, T. Hart, J. Whyte, and J. Kim
- 247 *Balancing the Demands of Two Tasks: An Investigation of Cognitive-Motor Dual-Tasking in Relapsing Remitting Multiple Sclerosis* E. Butchard-MacDonald, L. Paul, and J.J. Evans
- 259 *Visuospatial Functioning in the Primary Progressive Aphasias* C.L. Watson, K. Possin, I.E. Allen, H.I. Hubbard, M. Meyer, A.E. Welch, G.D. Rabinovici, H. Rosen, K.P. Rankin, Z. Miller, M.A. Santos-Santos, J.H. Kramer, B.L. Miller, and M.L. Gorno-Tempini
- 269 *Symptom Dimensions of Depression and Apathy and Their Relationship With Cognition in Parkinson's Disease* S.M. Szymkiewicz, V.M. Dotson, J.D. Jones, M.S. Okun, and D. Bowers
- 283 *Amphetamine Modestly Improves Conners' Continuous Performance Test Performance in Healthy Adults* D.A. MacQueen, A. Minassian, B.L. Henry, M.A. Geyer, J.W. Young, and W. Perry
- 294 *Positive Psychosocial Factors and Cognition in Ethnically Diverse Older Adults* L.B. Zahodne, C.W.-M. Watson, S. Seehra, and M.N. Martinez

BRIEF COMMUNICATION

- 305 *Affective and Cognitive Verbal Theory of Mind in Schizophrenia: Results From a Novel Paradigm* Ł. Okruszek, A. Piejka, E. Szczepocka, A. Wysokiński, and A. Pluta

Cambridge Core

For further information about this journal please

go to the journal website at:

journals.cambridge.org/ins

CAMBRIDGE
UNIVERSITY PRESS