



## Resilience: A Spiritual Project (Paperback)

By Kirsten Birkett

Latimer Trust, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The secular world is well aware of the problems of stress. Of recent decades a great deal of attention and research has been devoted to understanding what those who cope well with stress actually do; and, as a result, how to help others learn to do the same things. The psychological construct that has been developed to describe what secular researchers are looking for is resilience . What the literature reveals, however, is that our created natures thrive on spiritual values. What fosters resilience, the qualities and strategies that resilient people demonstrate, are things like religion, altruism and belief in the good. Sometimes these ideas can sit oddly with the naturalistic, pluralistic framework of secular socio-scientific research. However, within a Christian framework. It should not be surprising that what works is just that sort of lifestyle that God created us to have. Nothing will make Christian ministry easy in this fallen world, dealing with the sinful people that we all are. However we are blessed with resources that perhaps we take too lightly, and could be paying more attention to. We have a...



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