Resources on Family Resilience
Compiled by Emily Felt (www.beservethrive.com)

For an electronic version of this resource with links, go to my website:
www.beservethrive.com/family-resilience

Books

● Average to A+: Realising Strengths in Yourself and Others by A. Linley

● Hardwiring Happiness by Rick Hanson

● Self-Compassion by Kristin Neff, PhD (author has a child with special needs)

● SMART Strengths - Building Character, Resilience and Relationships in Youth by John Yeager

● Jane’s Worry Elephant - A book for children with anxiety by Kelly Miller

Projects and Programs

● Food Gratitude: A Crash-course in Positive Psychology for Parents of Children with Prader-Willi Syndrome. Emily Felt, MPP, CAPP (Www.foodgratitude.net)


Talks & Videos

● 3 Things I learned from my intellectually disabled son
https://www.ted.com/talks/emilie_weight_3_things_i_learned_from_my_intellectually_disabled_son
Emilie Weight talks about the main benefits of living with her disabled son - “My son brings new flavors to my life that I had lost, because like so many others I was pretending instead of living fully”

● Good and bad are incomplete stories we tell ourselves
https://www.ted.com/talks/heather_lanier_good_and_bad_are_incomplete_stories_we_tell_ourselves#t-105865
Heather Lanier on raising her daughter with Wolf-Hirschorn Syndrome.
• I failed at being disabled
  https://www.ted.com/talks/susan_robinson_how_i_fail_at_being_disabled#t-141521
  "Disabled people have superpowers! Relying on strengths allows for tremendous outcomes."

• Zach Anner: Top 10 Things I wish People Knew about Cerebral Palsy
  https://www.youtube.com/watch?v=w-Sh8ZuGbMI
  Prepare to laugh;

Scientific Studies

