

Fostering Resilience: References & Readings

1. Joseph Campbell: [The Hero With a Thousand Faces](#)
2. Burnout and Satisfaction With Work-Life Balance Among US Physicians Relative to the General US Population. Tait D. Shanafelt, MD; Sonja Boone, MD; et al. [Arch Intern Med. 2012;172\(18\):1377-1385. doi:10.1001/archinternmed.2012.3199.](#)

3. [Martin Seligman PhD](#)

Web site: [Authentic Happiness](#)

Books:

[Learned Optimism- How to change your mind and your life](#)

[Authentic Happiness Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment](#)

[Flourish: A Visionary New Understanding of Happiness and Well-being](#)

4. [RAND corporation](#)

[Promoting Psychological Resilience in the U.S. Military](#)

5. Brett Litz PhD

Combat and Operational Stress First Aid: [COSFA PPT](#)

[Navy Caregiver Training manual](#)

6. Amit Sood MD

Web site: [StressFree.org](#)

Books:

[The Mayo Clinic Guide to Stress-Free Living](#)

[The Mayo Clinic Handbook for Happiness](#)

[Train Your Brain....Engage Your Heart....Transform Your Life: A Course in Attention & Interpretation Therapy \(AIT\)](#)