



Sample Resilience/Health Realization References for Helping Professionals

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NOTE: Please note Health Realization has been called Three Principles, Psychology of Mind, Innate Health, Clarity, State of Mind. This list includes some historically significant out of print titles. In other cases titles may be available in newer or earlier editions. Some publications are available in both print and digital versions. Self-published titles indicate "Author" as publisher.

Journal articles, professional papers, dissertations and theses are presented in a separate NRRC directory. With one exception audio visual resources are not included.

Sample Resilience Research listings are limited to reader friendly summaries intended to bridge the gap between research and principles practice; only very selected seminal scholarly resilience research publications by pioneers Ann Masten, Emmy Werner and others are included. Additional resilience research is posted on the NRRC website.

This directory is updated annually and may not include all titles. Please send additional information to marsh008@umn.edu.

-- Kathy Marshall Emerson, 9/13/, 7/14, updated 8/2015

Community Empowerment

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