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resilience could be  
defined as an  
individual's ability  
to successfully  
adapt to life in the

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face of adverse  
conditions. Resilient  
people don't dwell  
on failures - they  
acknowledge the  
situation, find  
strength to embrace  
emotional  
difficulties and  
move on. This  
flexible training  
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decision to shape a  
resilient lifestyle -  
assume  
responsibility for  
the quality of their  
life - make changes  
to enhance their  
resilience -  
understand the  
difference between  
what they can  
change and what

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