Sample Resilience/Health Realization References
for Helping Professionals

By Kathy Marshall Emerson

Compiled and Disseminated as an NRRC Charitable Service

NOTE: These sample publications include some historically significant out of print titles. In other cases titles may be available in newer editions. With a few special exceptions, journal articles, professional papers, dissertations or theses regarding Health Realization (also called Three Principles, Psychology of Mind, and Innate Health) are not included here. Resilience Research listings are limited to reader friendly summaries intended to bridge the gap between research and practice; only very selected seminal scholarly resilience research publications with a focus on youth are included by pioneers Ann Masten, Emmy Werner and others. Additional resilience research is posted on the NRRC website. With one exception audio visual resources are not included. Some publications are available in both print and digital versions. This directory is updated annually and may not include all titles. Self-published titles indicate “Author” as publisher. Please send additional information to marsh008@umn.edu.

-- Kathy Marshall Emerson, 9/2013, updated 7/2014

Community Empowerment

Corporations/Personal Coaching/Sports
Kausen, R. (2003). We’ve Got to Start Meeting Like This! Trinity Center, CA: Life Education Inc.

Education


**Mental Health**


Carlson, R. (1997). *Don’t Sweat the Small Stuff…and it’s All Small Stuff. Simple Ways to Keep the Little Things from Taking Over Your Life*. New York: Hyperion. (Also see other titles in this series.)


**Recovery and Prevention**


**Relationships and Parenting**


**Resilience Research**


**Spirituality and Psychology**


**Related Website:** nationalresilienceresource.com