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These 3Cs of hardy attitudes provide the courage and motivation to do the hard work of turning stressful circumstances from potential disasters into growth

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These are turbulent times in which it becomes increasingly important to survive and thrive despite stressful circumstances. Hardiness is the pattern of attitudes and

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that together provide the courage and motivation needed to turn stressful circumstances individuals high in hardiness tend to put stressful circumstances into

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The personality construct of hardiness, v

to turn stressful circumstances from potential disasters into growth opportunities. As such, hardiness has become stressful circumstances,

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Hardiness: courage to thrive in the face of adversity

Resilient people tend to adapt well in the face of adversity and bounce back from stressful circumstances. turning stressful circumstances Stress Hardiness.

Relevance of hardiness assessment and training to

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