

Resilience

Sample of Suggested Readings and Materials

AWISA Conference

Spring 2017

The UW Resilience Lab

Academic Papers

- Cacioppo, J.T., Lester, P.B., Thomas, J.L., Adler, A.B., McGurk, D., Chen, H.Y., & Cacioppo, S. (2015). Building social resilience in soldiers: A double dissociative randomized controlled study. *Journal of Personality and Social Psychology*, 109 (1), 90-105.
- Carver, C.S. (1998). Resilience and thriving: Issues, models, and linkages. *Journal of Social Issues*, 54 (2), 245-266.
- Ledesma, J. (2014). Conceptual frameworks and research models on resilience in leadership. *Sage Open*. <http://dx.doi.org/10.1177/2158244014545464>
- Masten, A.S. (2001). Ordinary magic: Resilience processes in development. *American Psychologist*, 56 (3), 227-238.
- O'Leary, V.E. (1998). Strength in the face of adversity: Individual and social thriving. *Journal of Social Issues*, 54 (2), 425-446.
- Rutten, B.P.F., Hammels, C., Geschwind, N., Menne-Lothmann, C., Pishva, E., Schruers, K., ... Wichers, M. (2013). Resilience in mental health: Linking psychological and neurobiological perspectives. *Acta Psychiatrica Scandinavica*, 128, 3-20.
- Walsh, R. (2011). Lifestyle and mental health. *American Psychologist*, 66 (7), 579-592.

Articles

- Baime, M. (2011). [This is your brain on mindfulness](#). *Shambhala Sun*.
- Carlson, S. (2015). [Today's fail-safe students](#). *The Chronicle*.
- Naasel, K.R. (2015). [Brene Brown wants you to wallow in your failure](#) [Review of the book *Rising Strong*, by Brene Brown] . *Fast Company*.
- Tough, P. (2014). [Who gets to graduate?](#) *New York Times Magazine*.

Books

- Brown, B. (2015). *Rising strong*. New York: Spiegel & Grau.
- Dweck, C.S. (2007). *Mindset: The new psychology of success*. New York: Ballantine Books.
- Siegel, D.J. (2014). *Brainstorm: The power and purpose of the teenage brain*. New York: Tarcher.

TED Talks

- Brown, B. (2010). [Brene Brown: The power of vulnerability](#) [Video file].
- Duncan-Andrade, J. (2011). [Jeff Duncan-Andrade: Growing roses in concrete](#) [Video file].