

HOW TO BECOME MORE RESILIENT: A STEP BY STEP

APPROACH

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**Resilience: the ability to keep trying
despite repeated failure**

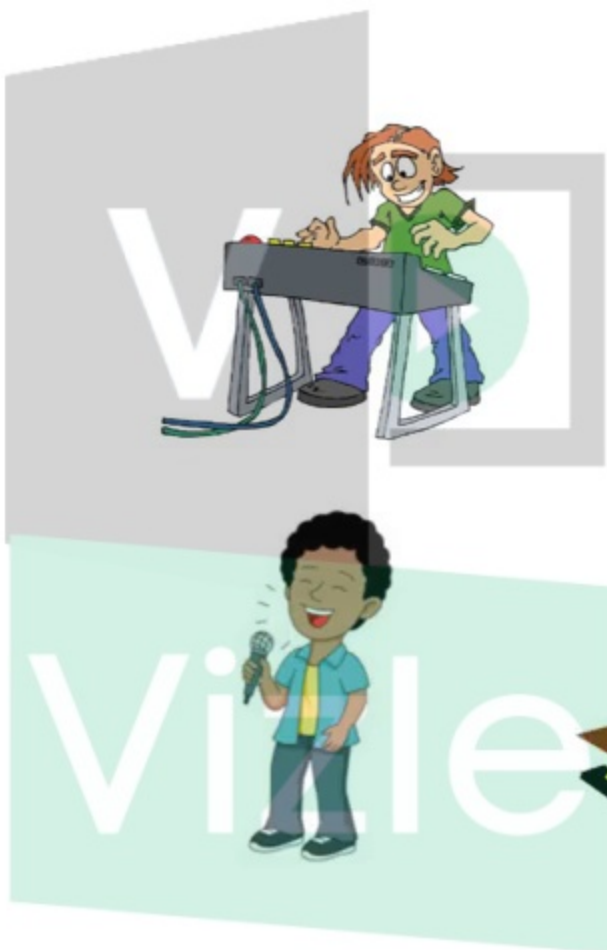
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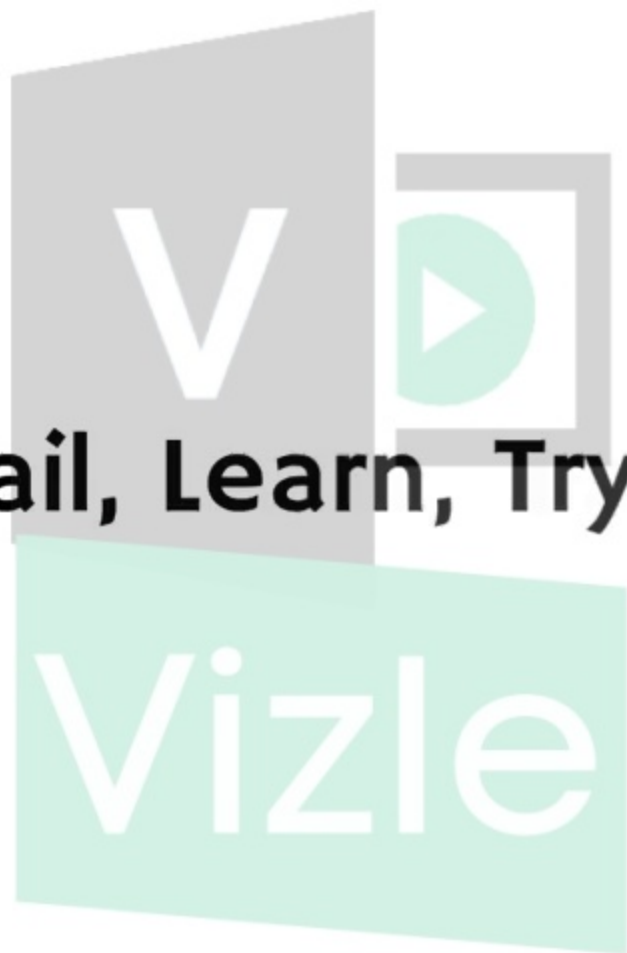


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I. Try, Fail, Learn, Try Harder







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