



Raising Our Children to Be Resilient: A Guide to Helping Children Cope with Trauma in Today's World

Linda Goldman

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In this timely and much-needed book, Linda Goldman addresses the many frightening events that impact our children by providing the reader with a seamless mixture of theory and practice garnered from her extensive experience in the field. *Raising Our Children to Be Resilient* includes trauma resolution techniques and case studies, discussions of the respective roles played by parents, teachers and the larger community as well as additional resources for those in a position to help children who have been traumatized. The goal of *Raising Our Children to Be Resilient* is exactly what its title promises: to help children through their pain and confusion and guide them into a flexible and compassionate adulthood.

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