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Volume 64 | Issue 2

Article 14

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12-1-2021


## Gumbrell's "The Amazing A-Z of Resilience: 26 Curious Stories and Activities to Lift Yourself Up" (book review)

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### Recommended Citation

Ader, Meredith (2021) "Gumbrell's "The Amazing A-Z of Resilience: 26 Curious Stories and Activities to Lift Yourself Up" (book review)," *The Christian Librarian*: Vol. 64: Iss. 2, Article 14.

DOI: <https://doi.org/10.55221/2572-7478.2296>

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# Book Reviews

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Gumbrell, D. (2021). *The amazing A-Z of resilience: 26 curious stories and activities to lift yourself up*. Jessica Kingsley Publishers. 61 pp. \$18.00. ISBN 9781787753662

David Gumbrell's *The Amazing A-Z of Resilience* tackles the subject of how children practically can be guided to work through mental and emotional challenges with 26 different resiliency-building exercises. Carefully and empathetically written, *The Amazing A-Z of Resilience*, emphasizes developing an awareness of knowing when circumstances make them feel uncomfortable or sensing when something does not feel as it should. Proactive exercises, then, lead children into using their situations as opportunities to build their resilience.

26 activities guide children through processes that create focus and a locus of control. The activities encourage strategies such as seeking helpers, practicing expanding their imagination, engaging in simple kinetic exercises, and discovering innovative solutions. All activities have the goal of reframing difficult situations into something manageable and encouraging, allowing children to more confidently answer the question, "How well have you negotiated the obstacles of your day?" (p. 35).

*The Amazing A-Z of Resilience* would be a practical addition to libraries. As a quick guide, this book will be beneficial for any professional or caregiver who is helping children navigate the day-to-day issues that can be derailing. Yet, the book is written simply enough for children who are mid-level elementary readers to independently explore. Gumbrell's approach is gentle and pragmatic. His style, coupled with graphic and engaging illustrations, make this book an enjoyable, easy, and helpful read.

## Reviewer

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