



Resiliência & Habilidades Sociais (Portuguese Edition)

Luciana Campos

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O livro intitulado Resiliência & Habilidades Sociais, foi organizado pela Dra. Luciana Campos em parceria com Mestres e Doutores de áreas como engenharia, pedagogia, física, matemática, teologia, ciências sociais e psicologia. Todos buscam compreender como a Resiliência, que é a capacidade de enfrentar positivamente situações adversas, e a Competência Social se relacionam como instrumentos para uma vida mais plena e feliz. O livro é apresentado por Aleksander Henryk Laks, Presidente da Associação Brasileira dos Israelitas sobreviventes da perseguição nazista. Aleksander possui 86 anos e conta de modo comovente como sobreviveu ao holocausto e como a resiliência foi forjada em meio ao sofrimento.



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