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WE WON'T LET
ANYTHING KNOCK
US DOWN

8 KEYS TO RESILIENCE FOR
YOU AND YOUR CHILD

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Resilience – the immune system of the soul

Parents want their children to be strong so that they can get on well with their lives. Leandra Vogt, childhood educator and resilience trainer for parents, shows how you can achieve this with her 8 keys to resilience. It is normal to fall down, but what is crucial is getting up again. This is not only true of children but also parents who need to be strong to cope with everyday family life and work or to overcome any internal conflicts and because the resilience key 'relationship' is essential for families. Leandra Vogt provides some practical examples, tried and tested in everyday life, of how acceptance, optimism, responsibility and the other resilience keys can be learned and encouraged. This book is like a treasure chest full of resources to give children the strength they need for their lives and also for their parents.

- **The first book on resilience for children and their parents**

LEANDRA VOGT is an officially recognised childhood educator and certified resilience trainer. In her work as a parent counsellor, lecturer and the founder of the advice platform 'The Strong Mothers' Club', she interprets the impressive findings of resilience research and makes it easier for families to both understand and integrate them. She lives near Zurich with her husband and two children.
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