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Resilience is the ability to bounce back from adversity, and it is a skill that can be learned and strengthened. It is not just about surviving, but about thriving in the face of challenges.

Resilient people are able to adapt to change, overcome setbacks, and maintain a positive outlook. They are not afraid of failure and are willing to try again. They have a strong sense of purpose and are able to find meaning in their lives. They are also able to seek help when they need it and to support others who are struggling.

## Resilience: The Key to a Successful Life

Resilience is a key to a successful life. It is the ability to bounce back from adversity and to thrive in the face of challenges. It is a skill that can be learned and strengthened.

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