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Generosity, Forgiveness, And Sacrifice
By Salman Akhtar M.D.**

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<https://www.coursehero.com/flashcards/666875/Hunt-The-Good-Stuff/>

Good Stuff: Courage, Resilience, Gratitude, Generosity, Forgiveness, and Sacrifice. and Loss, edited by Salman Akhtar,
http://isbn.nu/authorx/akhtar_salman

Contrary to what its title suggests, this is not a self-help book but a relatively dense psychoanalytic exploration of its subject matter.
<http://www.cro3.org/content/50/10/50-5888.extract>

What enables emotional survival in the wake of adversity? Psychology Today. Psychology Today
<https://www.psychologytoday.com/blog/the-me-in-we/201406/resilience-and-other-miracles>

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Mar 11, 2015 Commentary: Take time to go hunting and generate positive emotions such as gratitude. The resilience skill of Hunt the Good Stuff is a tool
http://www.army.mil/article/144353/Commentary_Take_time_to_go_hunting_for_the_good_stuff/

Feb 19, 2014 1st TSC leaders hunt the good stuff. Brian R. Wade, a Master Resilience Attendees were taught to 'hunt the good stuff' and emotion and gratitude.

[http://www.army.mil/article/120523/1st TSC leaders learn to hunt the good stuff /](http://www.army.mil/article/120523/1st_TSC_leaders_learn_to_hunt_the_good_stuff/)

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<http://greatergood.berkeley.edu/topic/happiness/definition>

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<http://www.herald-union.com/hunt-the-good-stuff-to-bolster-resiliency/>

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Strength. Resilience. Gratitude. by Jen Abbott | Jun 16 (to let go, have faith and KEEP GOING) and gratitude (to be thankful for the good stuff in our lives RIGHT

<http://fitnesstherapists.net/strength-resilience-gratitude/>

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