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2. 3. As part of your morning routine, reflect on the upcoming day and write down three things that you have to look forward to in the next 24 hours. Getting into this habit can increase positive feelings such as hope and optimism as you greet a new day. Three things I have to look forward to in the next 24 hours are... 1. 2. 3.

Editorial: Franklin Countians are no strangers to resilience

Brown, B. (2006). Shame resilience theory: A grounded theory study on women and shame. Families in Society-The Journal of Contemporary Social Services 87(1), 43-52. Hill, J.V., Leeming, D. (2014). Reconstructing 'the Alcoholic': Recovering from Alcohol Addiction and the Stigma this Entails.

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