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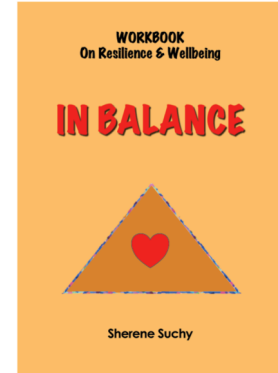
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New Publication:

In Balance: Workbook on Resilience & Wellbeing

ISBN 978-0-646-91890-7 © 2014 Dr. Sherene Suchy

This is a unique offering in the genre of resilience resources – real life, real stories. Written by a counsellor, **In Balance** is designed for university students (and staff) as well as those with an interest in wellbeing.



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