

**A PRACTICAL GUIDE TO NURTURING  
YOUR CHILDREN'S INNER STRENGTH,  
CONFIDENCE, ADAPTABILITY, GRIT, AND  
INDEPENDENCE**

# **RAISING RESILIENT KIDS IN A CHALLENGING WORLD**

A young girl with dark hair in a ponytail, wearing a white t-shirt and blue jeans, is climbing a large, white, 3D letter structure that spells out 'KIDS'. She is positioned in the center of the frame, with her back to the camera. The letters are set against a vibrant red background. The girl is using her hands and feet to grip the letters, appearing to be in the middle of a climb. The overall composition is dynamic and emphasizes the theme of resilience and overcoming challenges.

**REHAM SADEK, M.D.**

# Raising Resilient Kids Global Trend

**SB Merriam**



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