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HardiTraining:Managing Stressful
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attitude, and an effective method
to make hardiness the central
organ for their development. I am
still going over the book and filling
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What We Do: The HardiTraining® Program | Hardiness Institute
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comprehensive approach to

managing stressful circumstances

(Maddi et al., 1998, Khoshaba and

Maddi, 2008). Operationally, the

hardiness educational intervention

was a 5-week course of 1-hour

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hardiness instruction each week (Khoshaba and Maddi, 2008). 4.

The effects of a hardiness
educational intervention on ...

2. Hardiness Training: Our
HardiTraining workbook can put
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procedures of hardiness training.
The workbook reference is
Khoshaba, d.M., & Maddi, S.R.
(2004) HardiTraining: Managing
Stressful Chamce (5th Edition).
Irvine, CA: Hardiness Institute.
(This workbook is available at
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perspective and understanding you have gained and develop an action plan and take decisive action to transform your stressful situation.

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