

About Gail Wagnild

Gail Wagnild, RN, PhD, is the founder and owner of the Resilience Center in Montana. Clinically trained as a psychiatric nurse and social worker, she has been conducting research and consulting in the area of resilience for more than thirty years.

Dr. Wagnild was a faculty member in nursing schools, including Incarnate Word College in San Antonio, Texas; the University of Washington in Seattle; and Montana State University in Bozeman. She is the principal author of the widely used Resilience Scale and the True Resilience program, which helps people of all ages recognize, build, and strengthen their resilience. For the past ten years she has been a research and evaluation consultant.

True Resilience is her first book.

For more information, contact Dr. Wagnild through www.ResilienceScale.com or www.CapeHouseBooks.com.

