



# Building Resistance to Stress and Aging: The Toughness Model

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## **Building Resistance to Stress and Aging: The Toughness Model** Dienstbier

The toughness model proposed in this book incorporates psychological research and neuroscience to explain how a variety of toughening activities - ranging from confronting mental and physical challenges to meditation - sustain our brains and bodies, and ultimately build our mental and psychological capacities degenerated by stress and by aging.

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