

CONTENTS

Contributors	vii
Foreword	ix
Colonel Carl A. Castro, PhD	
Acknowledgments	xi
Chapter 1. Introduction: The Meaning and Importance of Military Resilience	3
Thomas W. Britt, Robert R. Sinclair, and Anna C. McFadden	
I. Understanding Resilience: Personal and Organizational Determinants	19
Chapter 2. Personality and Psychological Resilience in Military Personnel	21
Robert R. Sinclair, Melissa C. Waitsman, Celina M. Oliver, and Marilyn Nicole Deese	

Chapter 3.	Morale and Cohesion as Contributors to Resilience	47
	<i>Thomas W. Britt and Kalifa K. Oliver</i>	
Chapter 4.	Situational Factors and Resilience: Facilitating Adaptation to Military Stressors	67
	<i>Steve M. Jex, Jason Kain, and YoungAh Park</i>	
Chapter 5.	The Role of Transformational and Ethical Leadership in Building and Maintaining Resilience	85
	<i>Allister MacIntyre, Danielle Charbonneau, and Damian O'Keefe</i>	
II. Building Resilience: Models and Programs		113
Chapter 6.	Cognitive Behavioral Methods for Building Resilience	115
	<i>Julia M. Whealin, Josef I. Ruzek, and Edward M. Vega</i>	
Chapter 7.	Fostering Resilience Across the Deployment Cycle	137
	<i>Neil Greenberg</i>	
Chapter 8.	Resilience in Military Families: A Review of Programs and Empirical Evidence	167
	<i>Kathleen M. Wright, Lyndon A. Riviere, Julie C. Merrill, and Oscar A. Cabrera</i>	
Chapter 9.	Comprehensive Soldier Fitness: Underscoring the Facts, Dismantling the Fiction	193
	<i>Paul B. Lester, Sharon McBride, and Rhonda L. Cornum</i>	
III. Military Resilience: Conclusions and Future Directions		221
Chapter 10.	Resilience in a Military Occupational Health Context: Directions for Future Research	223
	<i>Amy B. Adler</i>	
Chapter 11.	Military Resilience: Remaining Questions and Concluding Comments	237
	<i>Robert R. Sinclair and Thomas W. Britt</i>	
Index		253
About the Editors		267