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La resiliencia es un concepto tomado de la física: se refiere a la propiedad que tienen algunos metales que, modificados por factores externos, no llegan a deformarse. Aplicada en neurociencia, la resiliencia no es un proceso para aumentar el talento o tener éxito en el trabajo, sino algo parecido a un “renacimiento”. Es la capacidad para enfrentar y salir fortalecido de las crisis emocionales más profundas.

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