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What We Do: The Harditraining® Program | Hardiness Institute
Hardiness education is a 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 hardiness instruction each week (Khoshaba and Maddi, 2008). 4.

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