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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, Khoshiba and Maddi, 2008). Operationally, the hardiness educational intervention was a 5-week course of 1-hour hardiness instruction each week (Khoshiba and Maddi, 2008). 4.

### The effects of a hardiness educational intervention on ...

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