

## Role Models for Resilience

- **Britney Spears** – Returned to successful singing career and regained custody of children after mental illness
- **Christopher Reeve** – Actor who played Superman became paralyzed, but he continued to be active spokesman for research
- **Helen Keller** – Was blind and deaf from birth, but had remarkable resilience in learning how to communicate and live with passion
- **Betty Ford** – President Gerald Ford’s wife established a clinic for alcohol treatment after admitting her own substance abuse problem
- **Jennifer Hudson** – Singer who won American Idol, and was actress in film “Chicago” lost several members of her family by a murder, but was able to go on successfully
- **Nelson Mandela** – Was jailed for decades in South Africa during apartheid, then later became leader of the country
- **Viktor Frankl** – A writer, psychiatrist, and Holocaust survivor who found the will to live in the midst of horror by pledging himself to future goals
- **Candy Lightner** – Founded Mothers Against Drunk Driving after her 13 year old daughter was killed by a drunk driver. The mission gave her the will to go on, and created something positive out of a senseless tragedy
- **Lance Armstrong** – Won Tour de France bicycle race several times after having prostate cancer