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# Resilience

— Dr. Biggs —  
Period 1, 2, 3, 4, 7

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# Resilience --the topic/the subject of this analysis

*noun*

1.

the capacity to recover quickly from difficulties; toughness.

2.

the ability of a substance or object to spring back into shape; elasticity.

(Google.com dictionary)

# Malcolm X and his life in stages represents resilience.

In the Biography by Walter Dean Myers, the stages of Malcolm X's life are described. As a young person, Myers says, "...he (Malcolm) understood that the talents he possessed were valued in his schoolmates." Myers goes on to explain that when a teacher asked Malcolm what he would like to be when he grew up, Malcolm responded that he would like to be a lawyer. Myers explains in his Biography that, "The teacher said to him (Malcolm) that it was not practical for him to be a lawyer because he was black."

Image from abcnews.go.com



# Struggle, healing, and growth develop character--the theme/what I want to say about resilience.

Malcolm believed he could do anything. The teacher's [perspective](#) was that he or she only saw the reality of life based on Malcolm's skin color. Malcolm used many of the perceptions of others to grow and change. Myers describes Malcolm's resilience, "Malcolm's life was about growth, about the intensely changing man that moved from thievery to honesty, from being a racial separatist to searching for true brotherhood and from atheism to Islam."

# Kintsugi

(Image from lifegate.com)



## Perspective

The art of repairing broken pottery with precious metals. When something breaks, some may say it should not just be thrown away. Kintsugi artists repair the damaged pottery and actually make the object more valuable.

This is **resilience**. Take difficult things that happen and understand that these difficult situations can help a person grow through the struggles.

# Kintsugi symbolizes the human journey

*Growth is never by mere chance; it is the result of forces working together.*

James Cash Penney

Read more at:

[https://www.brainyquote.com/quotes/james\\_cash\\_penney\\_226503?src=t\\_growth](https://www.brainyquote.com/quotes/james_cash_penney_226503?src=t_growth)

Some may wish for a human journey that is conflict free. Others embrace the difficulties in the human journey because of the growth that struggles develop in a person.

## Scars show and make you unique.

The potter repairs the pot with precious metal so the pottery can continue to do its job. Kintsugi becomes a more beautiful version of the original piece.

Image from lifegate.com



## Struggle, healing, growth=change

Malcolm reinvented himself at each stage of his life, so he could continue to create change in the world. Because he was willing to struggle, heal, and grow, ideas and people are changed by his example.

The image features a quote by Alain de Botton centered on a background of a sunset or sunrise over a dark horizon. The sky transitions from a deep blue at the top to a bright orange and yellow glow at the horizon line. The quote is written in a white, elegant, cursive script. The author's name is printed in a simple, white, sans-serif font at the bottom of the image.

*A good half of  
the art of  
living is  
resilience.*

A l a i n d e B o t t o n