



## Being Resilient (Paperback)

By David Tuffley

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Have you noticed, life has a way of throwing challenges your way that can knock you down? If you do not have sufficient resilience, it may be very difficult to pick yourself up and keep moving forwards. This book gives you a wide range of strategies that help you become the person who can pick themselves up and keep moving forwards, stronger than you were before. Resilience is a learn-able skill; it can be cultivated even if you are not a naturally resilient person. This concise book outlines how you can develop your own resilience and find greater enjoyment and fulfilment in life, becoming a more self-actualized person. We could all benefit from having strategies to help us deal with the challenging, sometimes catastrophic events that come our way in life. Losing your job or business, relationship break-up, bereavement, illness or disability, and being the victim of crime are all situations where having resilience should come to the fore. How would you react to events of this seriousness? Would it knock the wind out of you such that you would find it..

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