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The Little Book Of Resilience

This little book is about strengthening ourselves, mentally, emotionally and physically, how to increase our resilience and, most importantly, maintain it.

Discover how to utilize your skills and strengths to cope and recover from problems and setbacks, and learn to recognize unhealthy coping mechanisms.

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The Big Little Book of Resilience is about developing flexibility, acceptance and self-compassion when those plans go awry. In this beautifully illustrated book, Matthew Johnstone guides the reader to an understanding of how res Most of us set out quietly hoping for, and secretly expecting, to live a happy, successful and healthy life.

The Big Little Book of Resilience by

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Matthew Johnstone

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This little book is about strengthening ourselves, mentally, emotionally and physically, how to increase our resilience and, most importantly, maintain it. Discover how to utilize your skills and strengths to cope and recover from problems and setbacks, and learn to recognize unhealthy coping mechanisms.

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It's been a whopper of a year most of it consumed by The Big Little Book of Resilience which I'm proud to announce the launch of on Feb 1st 2015. I usually get to the end of completing a book and begin to have serious doubts about it. This because I have spent over a year thinking about pretty much nothing but and constantly having to look ...

The Big Little Book of Resilience | Matthew Johnstone

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This engaging, practical book draws together scientific understanding, real life examples and proven methods in describing how you can develop seven essential skills that help your resilience grow. Author Chris Johnstone experienced burnout and depression when working as a junior doctor, crisis becoming a turning point when he had a near fatal car crash.

The Little Book Of Resilience | Overcoming

This little book is about strengthening ourselves, mentally, emotionally and physically, how to increase our resilience and, most importantly, maintain it. Discover how to utilize your skills and

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strengths to cope and recover from problems and setbacks, and learn to recognize unhealthy coping mechanisms.

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The Little Book of Resilience is about how we can fortify our lives mentally, emotionally and physically. It is not about what happens when we get knocked down but more about what happens when we get up again. It is a book about what resilience is and how we grow and maintain it. The first step in understanding resilience is accepting what you can and cannot change.

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Why resilience is important, The Little Book of Resilience ...

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The Little Book of Stoicism managed to influence me in a way no other book on psychology ever could. The wisdom

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imparted by Salzgeber and the philosophers he cites is practical, no-BS, and you can begin practicing immediately. As a highly emotional and empathetic individual, I was initially hesitant to give it a read.

The Little Book of Stoicism: Timeless Wisdom to Gain ...

A little book about strengthening ourselves, mentally, emotionally and physically, how to increase our resilience and, most importantly, maintain it. Discover how to utilize your skills and strengths to cope and recover from problems and setbacks, and learn to recognize unhealthy coping mechanisms.

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In the age of the internet and growing technology, authors Jonas and Nils Salzgeber have brought the ancient philosophy of Stoicism to the modern age and have found a way to show

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