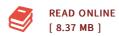




21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self (Hardback)

By Zelana Montminy

HarperCollins Publishers Inc, United States, 2016. Hardback. Book Condition: New. 187 x 140 mm. Language: English . Brand New Book. Happiness is not about wishful thinking, good luck, or avoiding negative thoughts. In fact, the only path to true happiness requires seeing challenges as opportunities and discovering emotional strength during times of struggle. In other words, it s about resilience. Resilience is a quality most of us want to possess. The big issue is that no one knows how to access it in their day-to-day life. We understand that it s important, that it s crucial even, but it seems like an ephemeral thing that you either have or you don t. How we actually attain the skills to become resilient has been left out of the conversation. Until now. In 21 Days to Resilience, Dr. Zelana Montminy, a leading expert in positive psychology, offers a practical, science-backed toolkit to develop your capacity to handle whatever life throws your way-and thrive. Each day of her powerful program, Dr. Montminy introduces a key trait necessary to improve resiliency and enhance wellbeing, such as gratitude, focus, playfulness, self-respect, and flexibility, then provides three simple tasks to accomplish that day-one in the morning,...



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