



Resilience: Bounce back from whatever life throws at you

Jane Clarke, John Nicholson

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This brand new book takes a positive and dynamic approach to surviving whatever life throws at you, exploring the range of skills, attitudes and abilities you need to survive and thrive in difficult times, both personally and professionally. While some people are more naturally resilient than others, the book asserts that resilience is a quality that can be learnt and developed, whatever your stage in life or personal situation. Based on extensive new research, and backed-up with real-life case studies and examples of people who display resilient behaviour (including those who have turned adversity into advantage), the book shows how you too can bounce back from bad times, learning how to take back control, know when to press ahead or cut your losses, and see opportunity where others see threat. The book concludes with a 10-point plan to help you pull all the strands together, building resilience, a skill for life. Key contents include: • Understanding yourself and your personal 'Resilience Quotient' • Making judgements and taking decisions • Assessing risk and solving problems • Managing stress • Being true to yourself.

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