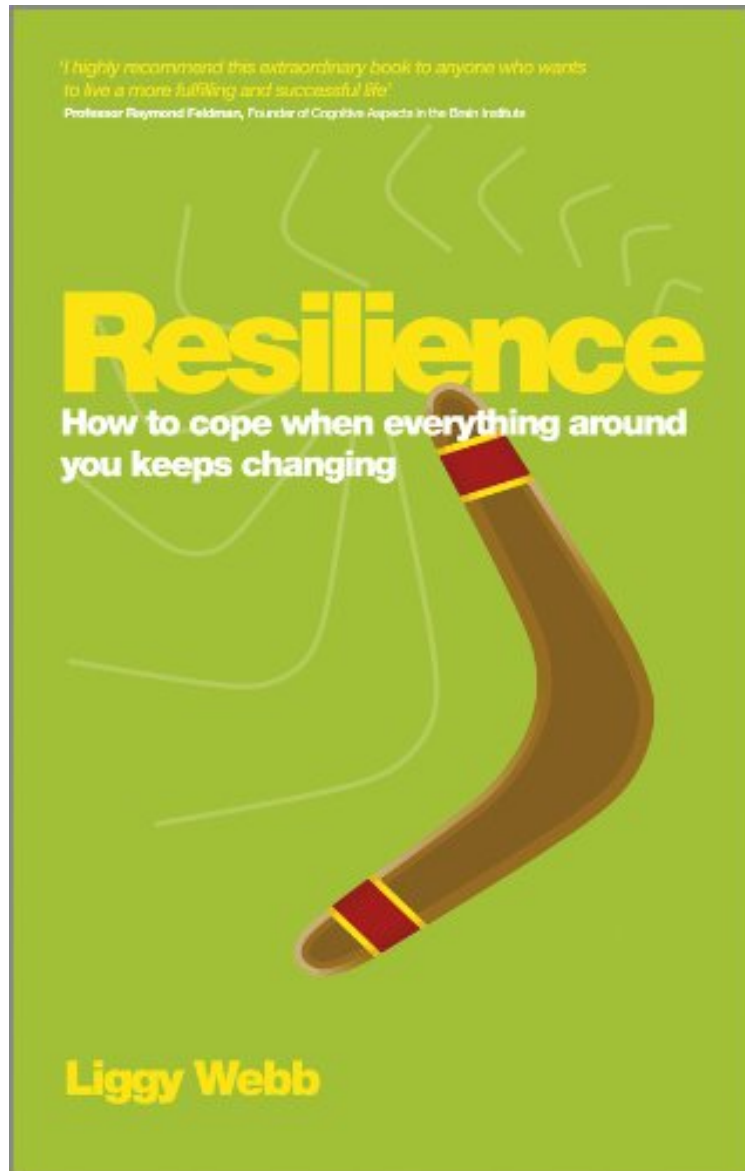


(Get free) Resilience: How to cope when everything around you keeps changing

Resilience: How to cope when everything around you keeps changing

Liggy Webb

DOC | *audiobook | ebooks | Download PDF | ePub



DOWNLOAD



READ ONLINE

#1791366 in eBooks 2013-01-29 2013-01-29 File Name: B00B8Y6KII | File size: 30.Mb

Liggy Webb : Resilience: How to cope when everything around you keeps changing before purchasing it in order to gauge whether or not it would be worth my time, and all praised Resilience: How to cope when everything around you keeps changing:

0 of 0 people found the following review helpful. calm easy read By K. Parsons A nice central location for things we already know. Full of nice quotes and summaries of the chapter you just read. 1 of 1 people found the following review

helpful. Resilience By Damaskcat I love self-help books and while some can be the same old tired advice recycled I found this one very useful and written in a lively, chatty style. It felt as though I had a good friend sitting next to me looking at my life and my problems and telling me how to bounce back on a day to day basis as well as in the face of major problems. Resilience is what makes a person able to deal with problems and stress and come out smiling. Optimism and looking on the bright side of life are a huge part of it. If you always imagine the worst in any situation you aren't helping yourself to deal with things in a practical way and you may focus on what could happen rather than on what you can change for the better. The author talks about seeing problems as opportunities - referred to as 'probabilities'. Looking at problems from a different perspective may help you deal with them in more creative ways. The book is full of inspiring examples of people - famous and not so famous - who have bounced back from terrible tragedies and made something of their lives. There are also lots of inspiring quotations from many different sources. The book starts with a questionnaire which the reader can answer to assess how resilient they already are and then goes on to look at the various aspects of resilience and ways of increasing resilience. There is the text of 'Desiderata' at the end together with forty things you can do to help yourself feel better, top 20 survival songs, and a section on useful resources which includes books and websites. My copy of the book is bristling with post it notes and scribbled pencil notes in the margin and I know I will be referring to it again and again.

BOUNCE BACK FROM WHATEVER LIFE THROWS AT YOU Stressful situations are a fact of life. Job insecurity, financial burden, relationship doubt are all too familiar. Some people approach them with confidence and poise, facing change and challenges head on. Others back away slowly into a corner and become quivering wrecks at the mere thought of them. So what is it that makes some people cope with these adverse situations so well? It's not about what is happening to you, but how you react to it. It's about your resilience. Happiness guru Liggy Webb is here to help us all find positivity and inner strength to cope with stressful situations. Arming you with a personal toolkit to handle day to day challenges, and providing strategies for thriving in uncertain times Liggy shows you how to increase your 'bouncibility' and bounce back from whatever negative things life throws at you. • Timely topic with governments across the world promoting happiness on the one hand and dealing with vast economic uncertainty and austerity on the other • Easy to digest, anecdotal and practical guide with lots of common sense advice • Contains timely examples and tips tailored for coping with difficult times