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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.

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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 Matthew Johnstone~~

More, that building resilience was something that starts with “ you ” . To grow your resilience, you had to focus on what made you “ tick ” and what your “ beliefs ” are. This book challenges the reader to confront their past experiences, feelings, and biases, and how those impact the reader ’ s level of resilience.

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Resilience Duet, #2: Pages: 320: Product dimensions: 5.50(w) x 8.50(h) x 0.72(d) About the Author.

Amanda Shelley loves falling into a book to experience new worlds. As an avid reader and writer, sharing worlds of her own creation is a passion that inspired her to become an author. ... In this children ’ s book, Jimmy, the little bunny ...

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The Micro Resilience Book – Bonnie St. John and Allen P. Haines St. John and Haines, combat the all too well-known, " drive until you drop " approach of getting things done by changing and challenging that perspective and helping you to create a new perspective, purpose, and meaning to your life.

~~20 Best Resilience Books For Creating Mental Toughness~~

The Little Book of Resilience is about how we can fortify our lives mentally, emotionally and physically. Author: Matthew Johnstone; Publisher: Hachette UK; ISBN: 9781472105660; Category: Body, Mind &

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From the bestselling author of *I Had a Black Dog*, *The Little Book of Resilience* is about how we can fortify our lives mentally, emotionally and physically. From the Back Cover Most of us set out quietly hoping, and secretly expecting, that we will live a happy, successful and healthy life. But life doesn't always go to plan.

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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.

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The Big Little Book of Resilience After 23 talks in different parts of Australia I finally feel like I ' m back home; that is until I fly to rural Warialda NSW next weekend for my last talk of the year.

~~The Big Little Book of Resilience | Matthew Johnstone~~

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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 readers how to adopt this philosophy to everyday life in their novel, *The Little Book of Stoicism: Timeless Wisdom to Gain Resilience, Confidence and Calmness*.

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The Little Book of Stoicism: Timeless Wisdom to Gain Resilience, Confidence, and Calmness Paperback – Illustrated, Jan. 19 2019. by Jonas Salzgeber (Author), Nils Salzgeber (Editor) 4.6 out of 5 stars 499 ratings. See all formats and editions.

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