Little book of resilience. CHERYL RICKMAN

Book Number: 88704 Product format: Paperback. Full of warm, loving, practical advice for anyone whose life isn't all plain sailing, these helpful exercises and tips will encourage you to find purpose, have faith in your abilities, embrace change, establish goals and nurture yourself. Recover from problems and setbacks and learn to recognise unhealthy coping mechanisms for whatever life throws at us. What helped them feel less afraid? I was ravenous for proof that I wasn't alone and that I'd move beyond my own crappy circumstances. Without question, these books help us through our toughest times. A Go-To, Mini Library of Resilience. What follows is a list of 83 books including memoirs, webcomics, graphic novels, and children's books alphabetized by title and shared with a desire to inspire, educate, and lift you up, particularly when the world tries to swallow you whole. Refer to this collection when you or someone you know needs perspective or a roadmap to keep moving forward. Disclaimer: Screenshots below are from product pages on Amazon. Whatever you're facing, The Little Book of Resilience provides a useful set of tools to help you deal with anything life throws your way. 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. These helpful exercises and tips will encourage you to find purpose, have faith in your abilities, embrace change, establish goals and nurture yourself. We list 20 best resilience books on how it's characterized, tools and techniques or skills to become more resilient and true-life examples of resilience. The story is told from the point of view of the little boy, and perfectly describes a story of resilience from those that are most naturally resilient, children. (Donoghue, 2011). Find the book on Amazon. 7. Big Magic: Creative Living Beyond Fear – Elizabeth Gilbert. The title may not strike you as a resilience book but it absolutely is. This book is so good at taking the reader through a conversation with your own mind via the author, Elizabeth Gilbert’s experiences.