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Positively Resilient: 51/2 Secrets to Beat Stress, Overcome Obstacles, and Defeat Anxiety

By Doug Hensch

Blackstone Audiobooks, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. What is resilience? Is it just a fancy way to characterize a hopeful, upbeat personality or a positive spirit of never giving up? In *Positively Resilient*, Doug Hensch aims to take a different look at what turns out to be a much richer and deeper concept than just bouncing back from adversity. Martin Seligman, considered the father of positive psychology, has likened resilience to clearing the weeds from a rose garden, which can reach its potential only if the weeds are kept in check. Human beings face weeds of their own: layoffs, health issues, stock-market crashes, threats of terrorism, and natural disasters are all too common. Americans are busier, more stressed, and more anxious and depressed than they were during the Great Depression. Based on more than forty years of research and twenty years of professional experience, *Positively Resilient* will help you discover how any efforts toward personal change can be enhanced using several simple steps, that being psychologically flexible is critical to thinking through the mountain of information we receive every day, how to incorporate mindfulness and curiosity into your life, how our emotions help us to navigate our environment,...



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Reviews

It is one of the best publications. It really is really intriguing through reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).

-- Dr. Pat Hegmann

It is one of my favorite publications. It is among the most awesome publications I have gone through. I am just quickly will get a delight of reading through a published publication.

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