



21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self

Zelana Montminy

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Happiness is not about wishful thinking, good luck, or avoiding negative thoughts. In fact, the only path to true happiness requires seeing challenges as opportunities and discovering emotional strength during times of struggle. In other words, it's about resilience. Resilience is a quality most of us want to possess. The big issue is that no one knows how to access it in their day-to-day life. We understand that it's important, that it's crucial even, but it seems like an ephemeral thing that you either have or you don't. How we actually attain the skills to become resilient has been left out of the conversation. Until now.

In *21 Days to Resilience*, Dr. Zelana Montminy, a leading expert in positive psychology, offers a practical, science-backed toolkit to develop your capacity to handle whatever life throws your way—and thrive. Each day of her powerful program, Dr. Montminy introduces a key trait necessary to improve resiliency and enhance wellbeing, such as gratitude, focus, playfulness, self-respect, and flexibility, then provides three simple tasks to accomplish that day—one in the morning, one during the day, and one in the evening. In addition, the book offers a "Take Stock" section that will help you gauge your current level of skill and each chapter ends with a "Lifelong" exercise that offers ways to build the skill as needed to keep your resiliency muscles strong.

Dr. Montminy writes, "Being resilient does not mean that you won't encounter problems or have difficulties overcoming a challenge in your life. The difference is that resilient people don't let their adversity define them. At its core, resilience is about being capable and strong enough to persevere in adverse or stressful conditions—and to take away positive meaning from that experience. Living with resilience is more than just bouncing back; it is about shifting our perceptions, changing our responses, and growing from them." Combining proven science, unique exercises, and insights from real-life experience, *21 Days to Resilience* lays the foundation for happiness and shows you how to build your strength to carry you through the rest of your life.

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Leticia Nielson:

Why don't make it to be your habit? Right now, try to prepare your time to do the important action, like looking for your favorite reserve and reading a book. Beside you can solve your short lived problem; you can add your knowledge by the book entitled 21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self. Try to make the book 21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self as your friend. It means that it can for being your friend when you sense alone and beside regarding course make you smarter than ever. Yeah, it is very fortunated for you. The book makes you considerably more confidence because you can know every little thing by the book. So , we should make new experience as well as knowledge with this book.

William Rocha:

Information is provisions for people to get better life, information presently can get by anyone from everywhere. The information can be a know-how or any news even an issue. What people must be consider if those information which is inside the former life are challenging to be find than now is taking seriously which one would work to believe or which one the actual resource are convinced. If you get the unstable resource then you buy it as your main information you will have huge disadvantage for you. All of those possibilities will not happen in you if you take 21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self as the daily resource information.

Richard Forbes:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their particular friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own free time/ holiday? Might be reading a book might be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to test look for book, may be the book untitled 21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self can be good book to read. May be it might be best activity to you.

Leslie White:

Is it an individual who having spare time subsequently spend it whole day by simply watching television programs or just lying down on the bed? Do you need something new? This 21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self can be the respond to, oh how comes? The new book you know. You are therefore out of date, spending your spare time by reading in this completely new era is common not a nerd activity. So what these guides have than the others?

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