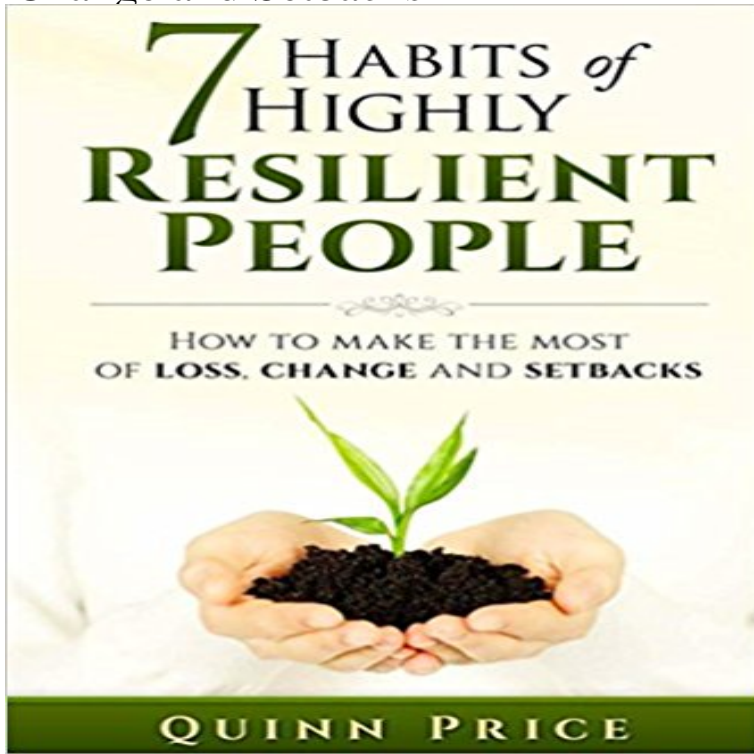


7 Habits of Highly Resilient People: How to Make the Most of Loss, Change and Setbacks



Learn how to turn breakdowns into breakthroughs. This book teaches you how to master the skills of resilience regardless of the setback. Specifically, this book teaches you the one minute to momentum exercise that can turn any frustrating setback situation into a resilience-facing momentum builder. Master the art of noticing the emotional impacts and acknowledging the loss without becoming prisoners to self-pity or a new identity based in the loss. Learn the one thing that you can never compromise when a setback shows up in your life. Learn how to coach yourself when the cheese moves or when someone forces change on you. Learn sixteen insights about grief that will help you find the sweet spot of acknowledgement without getting stuck in self-pity. Harness the power of small choices that create momentum that promotes healing, growth, and creating a new future. Learn to let go in ways that are emotionally healthy yet don't leave you open to future abuse. Replace the five common myths of resiliency with beliefs and actions that produce results. Turn any setback into the next stepping-stone on the path to hope and healing. Embed the seven habits of highly resilient people into your subconscious programming.

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