



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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Steven Slaughter:

Precisely why? Because this 21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self is an unordinary book that the inside of the e-book waiting for you to snap the item but latter it will jolt you with the secret this inside. Reading this book adjacent to it was fantastic author who write the book in such awesome way makes the content on the inside easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of gains than the other book include such as help improving your ability and your critical thinking method. So , still want to delay having that book? If I were being you I will go to the publication store hurriedly.

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