



Read@Work

Your Reading Supplement for Work and More

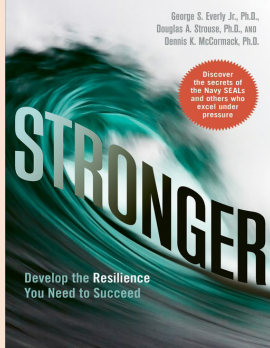
“Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.”

– Napoleon Hill

CURATED READS

Adversity Quotient

The adversity quotient measures how one would respond to adversity and challenges in his or her life. While adversity can cause one to fall apart, it can also turn into a moment of learning, an opportunity for personal or professional growth as well as a season during which new strength is discovered. Read on and be inspired by how others have overcome their adversities.



Stronger: Develop the Resilience You Need to Succeed

by George Everly Jr.
Call no.: English 650.1 EVE

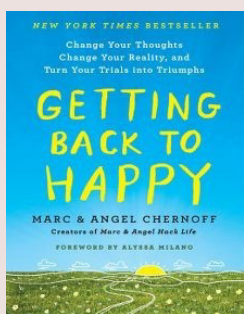
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New York: American Management Association, 2015.

Why do some thrive under pressure while others succumb? What separates the two is attitude: resilient people meet adversity head-on and bounce back from setbacks. Drawing on the unique perspective of a stress management expert, a skilled entrepreneur, and a Navy SEAL, Stronger explores the science behind resilience and explains how you can develop this vital trait for yourself.

Borrow the e-book [here](#).

Getting Back to Happy

by Marc Chernoff & Angel Chernoff
Call no.: English 158.1 CHE



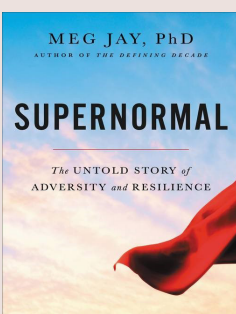
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Getting Back to Happy reveals strategies for changing thought patterns and daily habits to bounce back from tough times. From the authors of popular blog Marc and Angel Hack Life, this book shows us how to harness the power of daily rituals, mindfulness and self-care to overcome life's challenges and become our best selves.

Borrow the e-book [here](#).

Supernormal: The Untold Story of Adversity and Resilience

by Meg Jay
Call no.: English 155.24 JAY



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Canongate Books Ltd, 2018.

Nearly 75% of us experience adversity by the age 20. But these experiences are often kept secret, as are our courageous battle to overcome them. Drawing on nearly two decades of work with clients and students, Jay takes us into the world of the supernormal: those who soar to unexpected heights after childhood adversity.

Borrow the e-book [here](#).

How to be Mentally Tough Without Sacrificing Emotional Intelligence

Fast Company
Articles



There's a common misconception that being mentally tough means ignoring or suppressing your emotions. It is however, the opposite. You should instead utilise your emotions and those of others to be an effective, mentally tough leader.

Read more [here](#).

WATCH THIS!

The Importance of Resilience in the Workplace



DR. PAUL G. STOLTZ
CEO, PEAK LEARNING, INC.

OTHER RECOMMENDATIONS

When Adversity Strikes, What Do You Do?

Harvard Business Review
Article

Dr. Paul G. Stoltz, originator of the Adversity Quotient (AQ) theory and method, explains how "resilience" in the face of adversity defines us in all aspects of life, and briefly classifies the types of responses people have when facing adversity into an Adversity Continuum.

Read more [here](#).



WHAT'S HAPPENING

Future of Work

The economy and the landscape of work are fast-changing. Designed for adults seeking to stay ahead of the curve, NLB's Future of Work series provides bite-sized yet insightful talks and hands-on sessions that help navigate and make sense of emerging trends and new concepts synonymous with the Future Economy.

Find out more [here](#).

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