



Secrets of Resilient People: 50 Techniques to be Strong

By John Lees

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Secrets of Resilient People: 50 Techniques to be Strong, John Lees, What do resilient people know that the rest of us don't? Do they have a secret recipe for maintaining their equilibrium during tough times? Is there a special alchemy at work? 'The Secrets of Resilient People' reveals the 50 things you need to know to survive and thrive in tough times, maintaining a positive and productive outlook whatever the circumstances. Some will surprise you, and all will inspire you. Put these 50 simple strategies together and you will have a recipe for success, a proven formula that will unlock the secrets and uncover your potential.



READ ONLINE
[4.27 MB]

Reviews

This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You wont sense monotony at at any time of your time (that's what catalogues are for relating to should you request me).

-- **Jaqueline Kerluke**

I just started looking at this pdf. It can be rally fascinating throgh studying period of time. Its been printed in an extremely basic way and is particularly only following i finished reading through this publication where in fact altered me, change the way i really believe.

-- **Mr. Stephan McKenzie**