



Every Cloud.: How to Develop Resilience

By Gerard P McKenna

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever struggled in life? Well of course you have, we all have. Sometimes we have seen misfortune coming but at other times it hits us completely out of the blue. Misfortune can hit us in our home life; it can hit us in our working life, even in our leisure. It is how we deal with misfortune that will enable us to not just overcome obstacles but to grow with the experience; this is called resilience, the ability to bounce back from adversity; the ability to see obstacles more as challenges; the ability to see opportunity where others see doom and gloom. But why do some people appear more resilient than others and can you actually learn to become more resilient? Have you ever wanted to be more like those other people who appear to be more resilient? Do you want to cope better in moments of adversity? Do you want to be able to excel in your chosen career path? Every Cloud.And developing your resilience skills is aimed at helping you to increase and develop...



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