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individuals work harder, better, and more passionately when they know how to approach challenges without fear. The Resilience Breakthrough is the perfect tool for any business interested in more confident workers, unstoppable teams, and bigger profits."

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The Resilience Breakthrough: 27 Tools for Turning ...

He is the author of The Resilience Breakthrough: 27 Tools for Turning Adversity into Action. He founded the WhyTry Program, which has been implemented in over 25,000 organizations. Coming from a blended family of 12 children, Christian spent most of his childhood years between Washington, DC, and Baltimore.

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A Guide to Resilience: The Second-Greatest Principle in the World Christian Moore is convinced that each of us has a power hidden within, something that can get us through any kind of adversity. That power is resilience. In The Resilience Breakthrough, Moore

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delivers a practical primer on how you can become more resilient in a world of instability and narrowing opportunity, whether you're facing financial troubles, health setbacks, challenges on the job, or any other problem. We can all have our own resilience breakthrough, Moore argues, and can each learn how to use adverse circumstances as potent fuel for overcoming life's hardships. As he shares engaging real-life stories and brutally honest analysis of his own experiences, Moore equips you with twenty-seven resilience-building tools that you can start using today—in your personal life or in your organization.

Tracing some of the economic highs and lows that impacted the world in the aftermath of Hurricane Katrina, an introduction to the emerging field of resilience research explains how to approach disruptions in ecosystems, businesses and governments to better reinforce interdependent world systems. 40,000 first printing.

Shortlisted for the 2019 Business Book Awards in the International Business Book category. Finalist in The Australian Career Book Awards 2019, supported by the Royal Society of Arts Australia and New Zealand The world of work is in a constant state of flux. Resilience at Work: Practical Tools for Career Success is an essential guide to maintaining resilience in this ever-changing environment, whether

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you are working in a turbulent field, navigating the job market or simply trying to realise your career ambitions. Based on the author's own experience of working under extreme circumstances in post-earthquake Christchurch, New Zealand and enhanced by collaboration with leading resilience experts from around the world, this book is packed with stories, resources and personal coaching to support you to: learn about the importance of emotional honesty as a foundation for true resilience explore how your levels of self-care influence your ability to re-energise and stay strong consider how having the right sort of connections play a part in your ability to flourish reflect on how you have been learning (and changing) along your journey to resilience This is an invaluable resource for organisations looking to support employees by giving them the tools for self-managed resilience at work. It is also ideal for career coaches, counsellors and other professionals who are working with clients facing their own crisis of resilience, whether they are starting out or well-advanced on their career journey. Kathryn Jackson's unique coaching style enables readers to truly personalise the approach they choose to take, using the stories, the frameworks and the research to create a unique voyage towards building Resilience at Work.

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bestselling memoir about growing up in a dysfunctional Mormon family--and finding escape, adventure, and hard-earned wisdom on the road... What would you do if your stepfather pinned you down and tried to cast Satan out of you? For thirteen-year-old Ingrid, the answer is simple: RUN. For years Ingrid Ricks yearned to escape the poverty and the suffocating brand of Mormon religion that oppressed her at home. Her chance came when she was thirteen and took a trip with her divorced dad, traveling throughout the Midwest, selling tools and hanging around with the men on his shady revolving sales crew. It felt like freedom from her controlling mother and cruel, authoritarian stepfather—but it came with its own disappointments and dysfunctions, and she would soon learn a lesson that would change her life: she can't look to others to save her; she has to save herself.

"Cyrulink has healed people and countries."
(The Times, London) Renowned French neuropsychiatrist and psychoanalyst Boris Cyrulnik's parents were deported to a concentration camp during the Second World War. They never returned. This early personal trauma at the age of five led Cyrulnik to his life's work helping individuals and countries come to terms with their pasts and forge ahead to create positive futures. It is his firm belief that trauma does not equal destiny—that, rather, we can find strength in

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the face of pain. Drawing on years of experience working around the globe with children who have been abused, orphaned, fought in wars and escaped genocide, Cyrulnik here tells many amazing and moving stories of individuals whose experiences prove that suffering, however appalling, can be the making of somebody rather than their destruction. This inspiring book teaches us that we can not only survive in the shadow of adversity—we can thrive.

“Eileen delivers a new perspective on the burnout crisis with humor, good sense, and unique ideas on how to manage our brains. I owe my daily well-being to her. Keep this book at your side to help you glide through your workday.” —Marcia Reynolds, PsyD, author of *The Discomfort Zone* It's official. For the first time, the World Health Organization has classified burnout as a health problem. Renowned motivational speaker Eileen McDargh proposes that to tackle it, we must learn to break out of energy-draining thoughts and behaviors. Resilience, she argues, is strictly a matter of energy management--by better managing your energy, you can both build resiliency and overcome burnout. Breakthrough happens when our energy is consciously distributed to what matters most in our lives. So after a short survey that will tell you where you fit in a burnout and resiliency profile, McDargh helps pinpoint the causes of your burnout and examine the

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energy demands that keep you from refueling and recharging. She provides an in-depth energy analysis and gives you the keys to master the four dimensions that can give you a resilience breakthrough: head, heart, hands, and humor. McDargh guides the reader through the process of identifying energy drains and implementing strategies for handling them, whatever phase of life you are in. Her intention is to help you not only to successfully manage work and life demands but also make even larger strides in understanding how to put together a life by design and not by default.

Suffering is an unavoidable reality in health care. Not only are patients and families suffering but also the clinicians who care for them. Commonly the suffering experienced by clinicians is moral in nature, in part a reflection of the increasing complexity of health care, their roles within it, and the expanding range of available interventions. Moral suffering is the anguish that occurs when the burdens of treatment appear to outweigh the benefits; scarce human and material resources must be allocated; informed consent is incomplete or inadequate; or there are disagreements about goals of treatment among patients, families or clinicians. Each is a source of moral adversity that challenges clinicians' integrity: the inner harmony that arises when their essential values and commitments are

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aligned with their choices and actions. If moral suffering is unrelieved it can lead to disengagement, burnout, and undermine the quality of clinical care. The most studied response to moral adversity is moral distress. The sources and sequelae of moral distress, one type of moral suffering, have been documented among clinicians across specialties. It is vital to shift the focus to solutions and to expanded individual and system strategies that mitigate the detrimental effects of moral suffering. Moral resilience, the capacity of an individual to restore or sustain integrity in response to moral adversity, offers a path forward. It encompasses capacities aimed at developing self-regulation and self-awareness, buoyancy, moral efficacy, self-stewardship and ultimately personal and relational integrity. Clinicians and healthcare organizations must work together to transform moral suffering by cultivating the individual capacities for moral resilience and designing a new architecture to support ethical practice. Used worldwide for scalable and sustainable change, the Conscious Full Spectrum approach, offers a method to solve problems to support integrity, shift patterns that undermine moral resilience and ethical practice, and source the inner potential of clinicians and leaders to produce meaningful and sustainable results that benefit all.

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mental health crisis—and a comprehensive road map to getting the care you deserve in an unequal system. We can't deny it any longer: there is a Black mental health crisis in our world today. Black people die at disproportionately high rates due to chronic illness, suffer from poverty, under-education, and the effects of racism. This book is an exploration of Black mental health in today's world, the forces that have undermined mental health progress for African Americans, and what needs to happen for African Americans to heal psychological distress, find community, and undo years of stigma and marginalization in order to access effective mental health care. In *The Unapologetic Guide to Black Mental Health*, psychologist and African American mental health expert Rheedra Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in system steeped in racial bias. This breakthrough book will help you: Recognize mental and emotional health problems Understand the myriad ways in which these problems impact overall health and quality of life and relationships Develop psychological tools to neutralize ongoing stressors and live more fully Navigate a mental health care system that is unequal It's past time to take Black mental health seriously. Whether you suffer yourself, have

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a loved one who needs help, or are a mental health professional working with the Black community, this book is an essential and much-needed resource.

Looks at the power of effective persuasion, describing the mindset and tactics of persuasion professionals and detailing ways to protect oneself from becoming a victim of manipulation.

Why do some things pass under the radar of our attention, but other things capture our interest? Why do some religions catch on and others fade away? What makes a story, a movie, or a book riveting? Why do some people keep watching the news even though it makes them anxious? The past 20 years have seen a remarkable flourishing of scientific research into exactly these kinds of questions. Professor Jim Davies' fascinating and highly accessible book, *Riveted*, reveals the evolutionary underpinnings of why we find things compelling, from art to religion and from sports to superstition. Compelling things fit our minds like keys in the ignition, turning us on and keeping us running, and yet we are often unaware of what makes these "keys" fit. What we like and don't like is almost always determined by subconscious forces, and when we try to consciously predict our own preferences we're often wrong. In one study of speed dating, people were asked what kinds of partners they

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found attractive. When the results came back, the participants' answers before the exercise had no correlation with who they actually found attractive in person! We are beginning to understand just how much the brain makes our decisions for us: we are rewarded with a rush of pleasure when we detect patterns, as the brain thinks we've discovered something significant; the mind urges us to linger on the news channel or rubberneck an accident in case it might pick up important survival information; it even pushes us to pick up People magazine in order to find out about changes in the social structure. Drawing on work from philosophy, anthropology, religious studies, psychology, economics, computer science, and biology, Davies offers a comprehensive explanation to show that in spite of the differences between the many things that we find compelling, they have similar effects on our minds and brains.

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