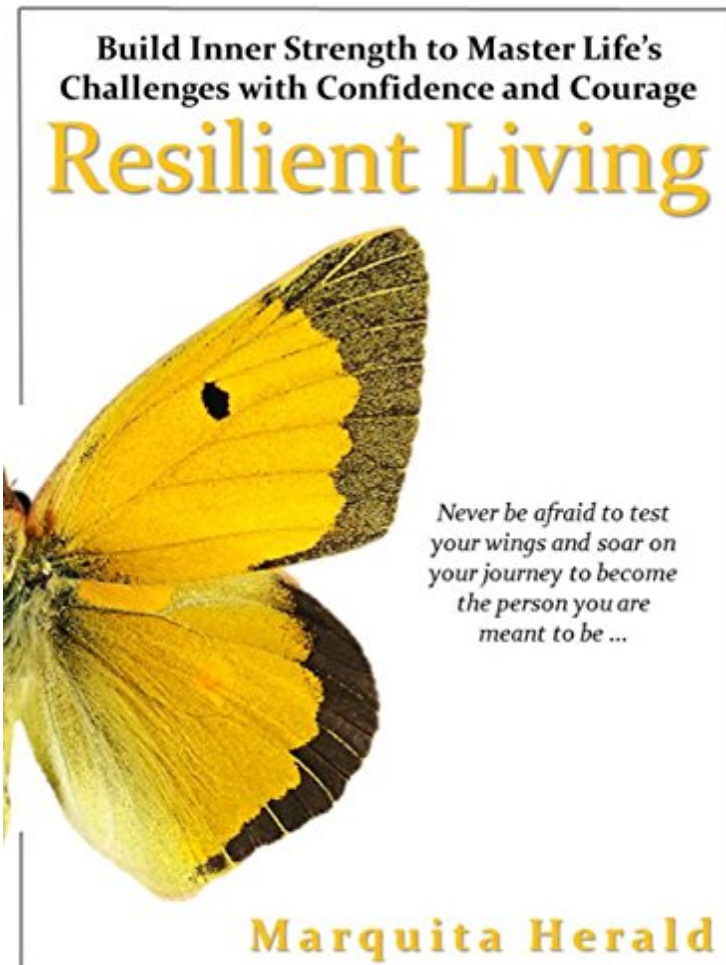


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# Resilient Living: Build Inner Strength to Master Life's Challenges with Confidence and Courage (English Edition)



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## Description :

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something to be left in reserve for a rainy day; that intentionally working to build inner strength is preparing for a crisis that may or may not ever appear. The truth is life is filled with stressors of all shapes and sizes - bloated schedules, demanding relationships, health issues, unexpected detours and disappointment. Even the most longed for events such as a promotion, the birth of a child or marriage are rife with stress and unexpected challenges. We can choose to sit back and wait to face these experiences unprepared and simply hope for the best, or we can intentionally build everyday resilience and in the process learn to make peace with change and uncertainty as we look for the opportunities in all of our experiences, minimize the effects of inevitable bumps in the road, and enjoy greater inner peace, confidence and fulfillment. Resilient Living will help you identify the areas that need attention, and show you the way to cultivate greater inner strength in life than you ever thought possible. Note: Originally published under the title of Stepping Stones to Emotional Resilience

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