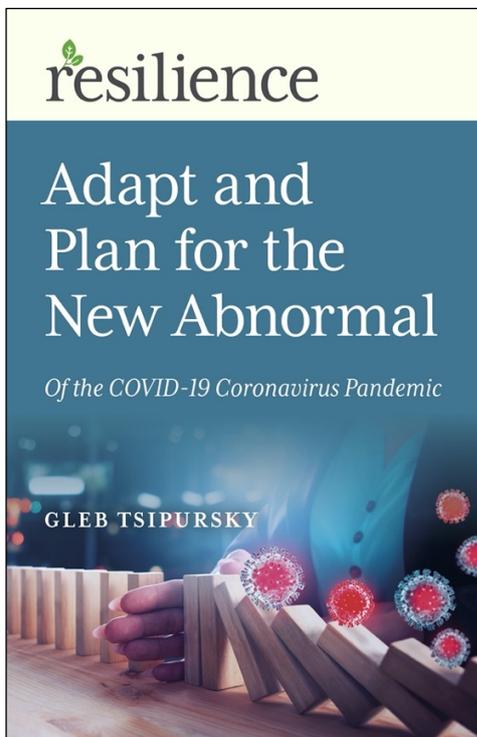


resilience

The Resilience Series is a collaboration by the authors of Changemakers Books in response to the 2020 coronavirus epidemic. Each concise volume offers expert advice and practical exercises for mastering specific skills and abilities to make readers more resilient in a time of crisis.

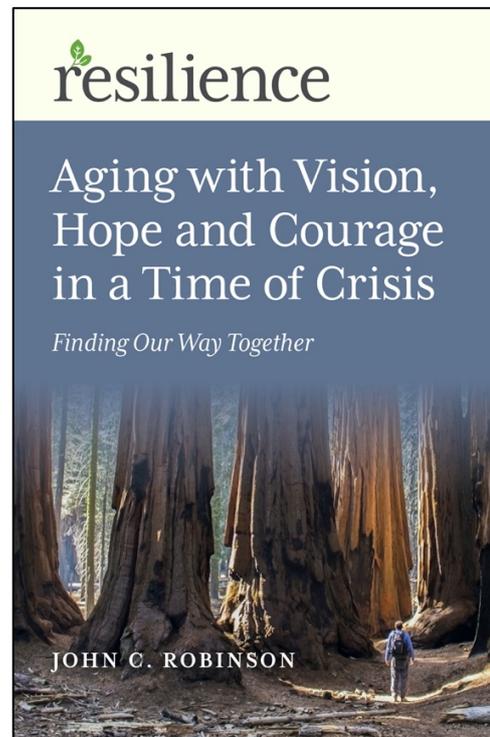
Adapt and Plan • Aging with Courage • Connecting with Nature • Growing Stronger
Handling Anxiety • The Inner Spiritual Journey • Navigating Loss • The Life-Saving Skill of Story
Virtual Communication • Virtual Teams

www.resilience-books.com



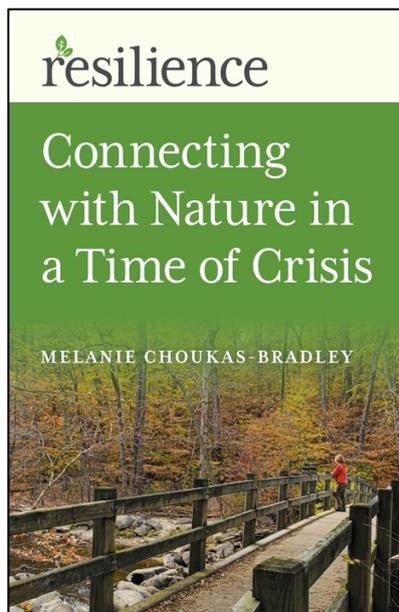
Resilience: Adapt and Plan for the New Abnormal of the COVID-19 Coronavirus Pandemic
by Gleb Tsipursky

COVID-19 has demonstrated clearly that businesses, nonprofits, individuals, and governments are terrible at dealing effectively with large-scale disasters that take the form of slow-moving train-wrecks. Using cutting-edge research in cognitive neuroscience and behavioral economics on dangerous judgment errors (cognitive biases), this book explains why we respond so poorly to such crises and shares research-based strategies for how organizations and individuals can effectively adapt to and plan for the pandemic - and other slow-moving large-scale catastrophes



Resilience: Aging with Vision, Hope and Courage in a Time of Crisis
by John C. Robinson

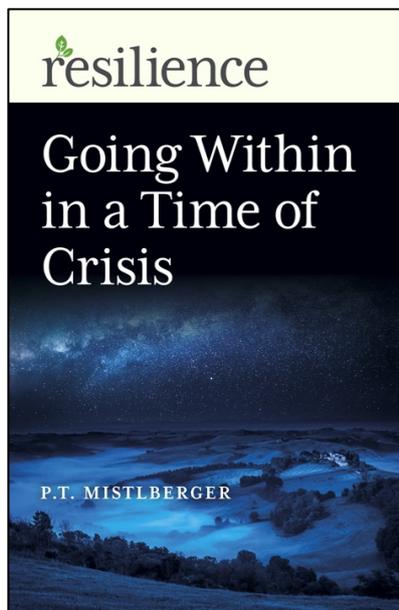
This book is for those over 65 wrestling with fear, despair, insecurity, and loneliness in these frightening times. A blend of psychology, self-help, and spirituality, it is meant for all who hunger for facts, respect, compassion, and meaningful resources to light their path ahead. The 74-year old author's goal is to move readers from fear and paralysis to growth and engagement: "Acknowledging the inspiring resilience and wisdom of our hard-won maturity, I invite you on a personal journey of transformation and renewal into a new consciousness and a new world"



Resilience: Connecting with Nature in a Time of Crisis

by Melanie Choukas-Bradley

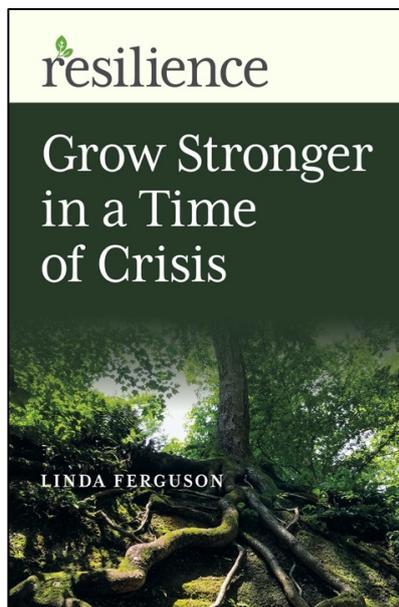
Nature is the best medicine. An intimate awareness of the natural world, even within the city, can calm anxieties and help create healthy perspectives. This book will inspire and guide you as you deal with the current crisis and other challengers. The author is a naturalist who leads nature and forest bathing walks in Washington, D.C. and the American West. Learn from her the Japanese art of "forest bathing": how to tune in to the beauty and wonder around you with all your senses, even if your current sphere is a tree outside the window. Nature immersion during stressful times can bring comfort and joy as well as opportunities for personal growth, expanded vision and transformation.



Resilience: Going Within in a Time of Crisis

by P.T. Mistlberger

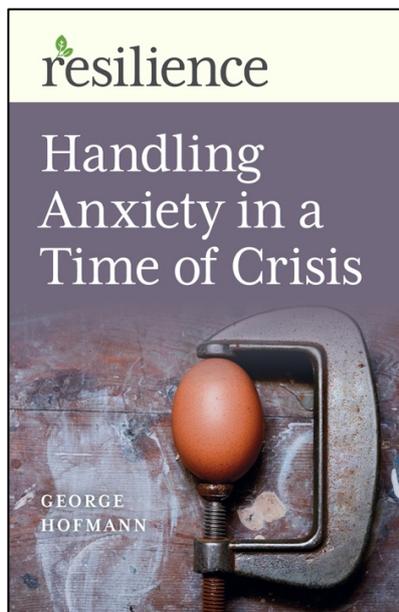
During a time of crisis, we are presented with something of a fork in the road; we either look within and examine ourselves, or engage in distractions and go back to sleep. This book is intended to be a companion for men and women dedicated to their inner journey. Written by the author of seven books and founder of several personal growth communities and esoteric schools, each chapter offers different paths for exploring your spiritual frontier: advanced meditation techniques, shadow work, conscious relating, dream work, solo retreats, and more. In traversing these challenging times, let this book be your guide.



Resilience: Grow Stronger in a Time of Crisis

by Linda Ferguson

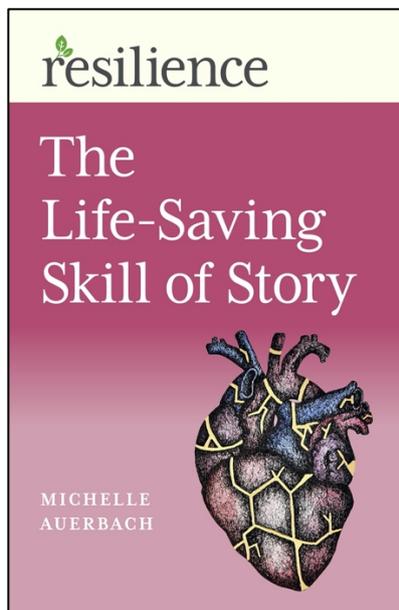
Many of us have wondered how we would respond in the midst of a crisis. Some become stronger, more resilient under pressure. You hope that you will too. But you are afraid that crisis may bring out your anxiety and your fears. No one knows when things will get better. That's out of your hands. But *you* can get better. All it takes is an understanding of how human beings function at their best, the willpower to make small changes in perception and behavior, and a vision of a future that is better than today. In this book, you will learn to create the conditions that allow your best self to show up and make a difference - for you and for others.



Resilience: Handling Anxiety in a Time of Crisis

by George Hofmann

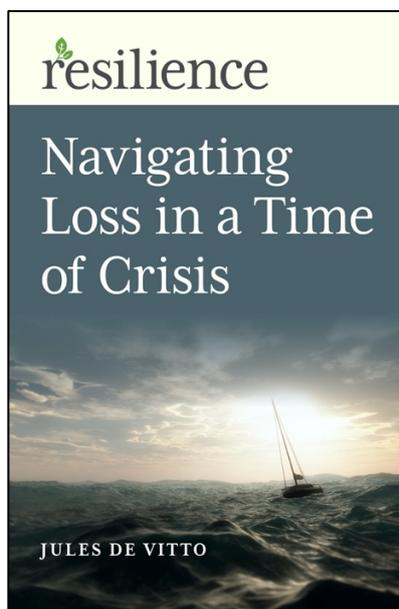
It's a challenging time for people who experience anxiety, and even people who usually don't experience it are finding their moods are getting the better of them. Anxiety hits hard and its symptoms are unmistakable, but sometimes in the rush and confusion of uncertainty we miss those symptoms until it's too late. When things seem to be coming undone, it's still possible to recognize the onset of anxiety and act to prevent the worst of it. The simple steps taught in this book can help you overcome the turmoil.



Resilience: The Life-Saving Skill of Story

by Michelle Auerbach

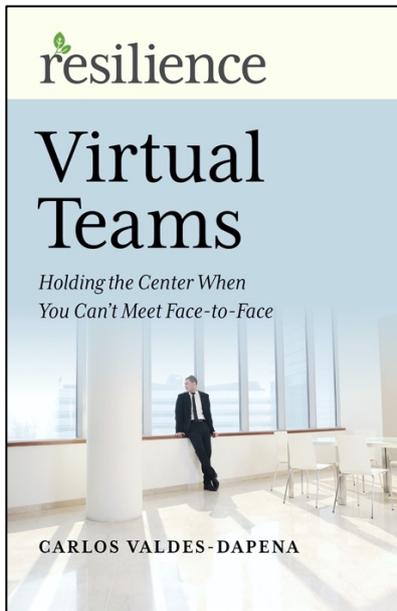
Storytelling covers every skill we need in a crisis. We need to share information about how to be safe, about how to live together, about what to do and not do. We need to talk about what is going on in ways that keep us from freaking out. We need to change our behavior as a human race to save each other and ourselves. We need to imagine a possible future different from the present and work on how to get there. And we need to do it all without falling apart. This book will help people in any field and any walk of life to become better storytellers and immediately unleash the power to teach, learn, change, soothe, and create community to activate ourselves and the people around us.



Resilience: Navigating Loss in a Time of Crisis

by Jules De Vitto

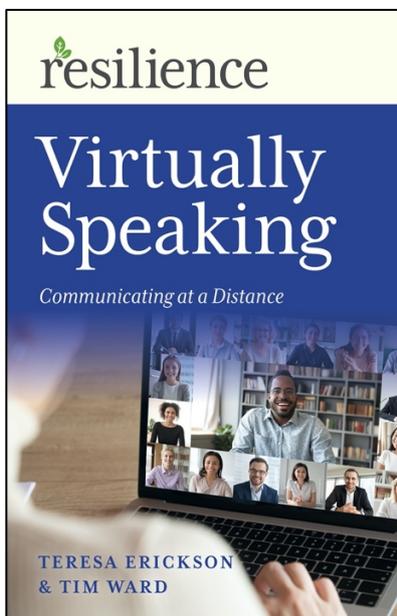
This book explores the many forms of loss that can happen in times of crisis. These losses can range from loss of business, financial security, routine, structure to the deeper losses of meaning, purpose or identity. The author draws on her background in transpersonal psychology, integrating spiritual insights and mindfulness practices to take the reader on a journey in which to help them navigate the stages of uncertainty that follow loss. The book provides several practical activities, guided visualization and meditations to cultivate greater resilience, courage and strength and also explores the potential to find greater meaning and purpose through times of crisis.



Resilience: Virtual Teams
Holding the Centre When You Can't Meet Face-to-Face

by Carlos Valdes-Dapena

In the face of the COVID-19 virus, organizations large and small are shuttering offices and factories, requiring as much work as possible be done from peoples' homes. The book draws on the insights of the author's earlier book, *Lessons from Mars*, providing a set of the powerful tools and exercises developed within the Mars Corporation to create high performance teams. These tools have been adapted for teams suddenly forced to work apart, in many cases for the first time. These simple secrets and tested techniques have been used by thousands of teams who know that creating a foundation of team identity and shared meaning makes



Resilience: Virtually Speaking
Communicating at a Distance

by Teresa Erickson and Tim Ward

To adapt to a world where you can't meet face to face - with air travel and conferences cancelled, teams working from home - leaders, experts, managers and professionals all need to master the skills of virtual communication. Written by the authors of *The Master Communicator's Handbook*, this book tells you how to create impact with your on-screen presence, use powerful language to motivate listening, and design compelling visuals. You will also learn techniques to prevent your audience from losing attention, to keep them engaged from start to finish, and to create a lasting impact.

About the Resilience Series:

The Resilience Series is published by Changemakers Books, an imprint of John Hunt Publishing.



resilience



To order in the US, UK and Canada via major online retailers:
<https://www.johnhuntpublishing.com/changemakers-books/our-books/all-books/>
Search by title or filer with "resilience"

Website: www.resilience-books.com