



resilience



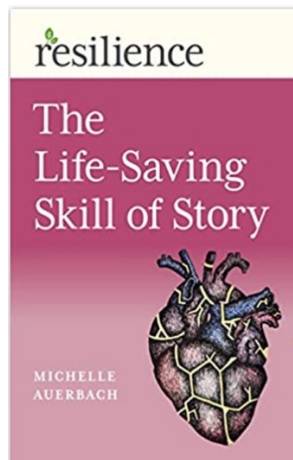
The Resilience Series is published by Changemakers Books, an imprint of John Hunt Publishing.
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For Immediate Release

Creating genuine resilience in a time of crisis

Resilience: The Life-Saving Skill of Story



Boulder, Colorado—

Award-winning Boulder, CO author and story expert Michelle Auerbach is among a group of authors who has found a unique way to help others during the COVID-19 pandemic. While some people are stitching masks for health workers, or shopping for elderly neighbors, John Hunt Publishing decided to marshal the wisdom of their best expert authors and create a series of short books focused on the practical, emotional, and psychological skills people need to survive the pandemic. These books go beyond blog-post advice, focusing on the tough life-skills required to create genuine resilience: how to plan and adapt, how to handle anxiety, how to navigate loss.

“Our aim was to commission ten experts to each write a 20,000-word book in 20 days. It was an audacious request. But most of the authors had 30 years of expertise plus several books to their name,” says Tim Ward, publisher of Changemakers Books (an imprint of John Hunt Publishing) who took charge of the Resilience Series. “To my amazement, they all met the deadline.”

Michelle Auerbach is one of the ten who rose to the challenge with her book *Resilience: The Life Saving Skill of Story*. “I know the publishing industry both as a novelist and as an editor and ghost writer and this deadline was an incredible challenge. Books do not come out in a month, they usually take two to three years from start to finish,” says Auerbach, who interviewed 30 experts in story from around the world to contribute their wisdom and tools to the book.

“What I discovered in writing *Resilience: The Life Saving Skill of Story* is that it is possible to build a world that makes us feel better, makes us better citizens, friends, family, or co-workers. The 30 experts I interviewed were all storytellers who use story in life, work, community, to make big, positive changes in the world. I built a book around their expertise and the hands-on building of story skills. After I finished writing the book, I felt positive and hopeful about our world and the possibilities in it.”

Auerbach is a writer, consultant and journalist who works with clients around the world to create change through story. She has run leadership programs for Fortune 50 companies, worked with NGO’s on telling successful stories across cultural divides, and empowers changemakers and communities to use story to scale empathy. She has written for the New York Times, the London Guardian, and has written two novels: *Alice Modern* and *The Third Kind of Horse*. In *Resilience: The Life Saving Skill of Story* she brings thirty years of story and narrative knowledge and practice to bear on the world’s pressing crisis.

Meesha Brown, President of PCI Media, said in *Resilience: The Life Saving Skill of Story*, “Successful stories allow people to learn things about themselves that have always been true, but they didn't realize. Story is a beautiful magical technology that brings forth the really good things that already exist in us and in one another.”

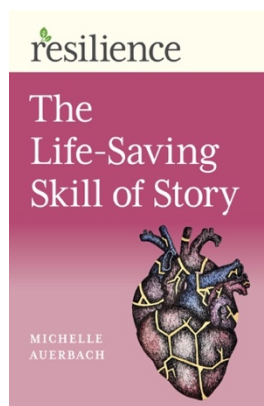
The ten books in the just published Resilience series focus on: Adapting and Planning; Aging with Courage; Connecting with Nature; Developing your Inner Strength; Handling Anxiety; The Inner Spiritual Journey; Navigating Loss; The Life-Saving Skill of Story; Working in Virtual Teams; and Communicating at a Distance.

They will be available in early May through online retailers and bookstores.



Michelle Auerbach has an MFA in writing and her PhD dissertation is on story as a trauma sensitive technology for change. She facilitates individuals, organizations, and communities in making change through story. Michelle is the President of Modaka Communications, a consulting firm focused on culture change, leadership development, and working across difference serving the Fortune 50, non-profits, NGOs, religious and cultural organizations, start-ups, and change makers in communities around the world. Michelle is also a writer and journalist who writes the *New York Times* and the *London Guardian*. She has published two novels, *Alice Modern* and *The Third Kind of Horse*, and her newest book is *Resilience: The Life-Saving Skill of Story*.

Michelle Auerbach’s website: www.michelleauerbach.com



Resilience: The Life-Saving Skill of Story

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For more information and to order online: www.resilience-books.com