



resilience



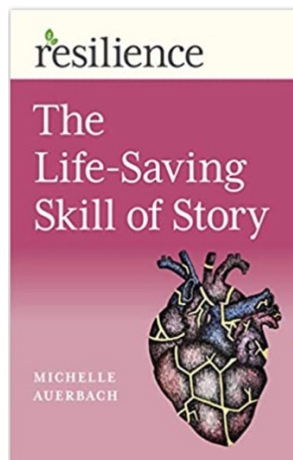
The Resilience Series is published by Changemakers Books, an imprint of John Hunt Publishing.
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For Immediate Release

Announcing Michelle Auerbach's newest book

Resilience: The Life-Saving Skill of Story



Washington, DC/Colorado—

Everything we need to survive a crisis we learn through story.

Neuroscience and common sense agree that without storytelling we would all be dangerously uninformed, boring, and stuck in the cereal aisle trying to pick a box to bring home. ***Resilience: The Life-Saving Skill of Story*** brings how-to and concrete skills to the conversation about story. ***Resilience: The Life-Saving Skill of Story*** was created to address the COVID-19 crisis, but the content is timeless. Readers will gain the knowledge and practice to change the world when they are done reading. And, they will be able to exit the store with the box of cereal and a good tale.

Excerpt from ***Resilience: The Life-Saving Skill of Story***

“All of our learning, our ability to change, our empathy and connection to other humans, and our ability to live a good life, comes from storytelling and listening. All of the skills we need to be resilient in a crisis we learn through story, and all the skills we have that we need to share with others we share through story.”

Story mediates our world and ourselves in ways that increase our adaptability and improve our world. It's not complicated. It already lives in our brains, bodies, and minds and we can access it through a little practice and some remembering of the skills we all had as children. Once we get fluent in storytelling and story listening, we are able to adapt, learn, teach, share, understand, and cope in ways that will allow us to move with change and lend a hand when the people around us are not moving. The process is available to all of us; it transforms us and our lives and can save the world."

Resilience: The Life-Saving Skill of Story builds a world readers want to spend time in, explore, and create for themselves. Thirty experts in story and storytelling share their wisdom and best practices from across the world. The book is filled with interviews from story practitioners and how to sections readers can turn into insight immediately. These interviews include:

- Kelly Deils, feminist marketing school and marketing for SHEO
- Tim Hurson, author of *Think Better* and international facilitator of creativity and innovation
- Isabel Foxen Duke, blogger, speaker, and teacher
- Reginal Hubbard, MoveOn.org Capitol Hill organizer, yogi, changemaker
- Alexis Pauline Gumbs, poet, media presence, public intellectual
- Selassie Atadika, Chef, culinary ambassador, foodways advocate, and founder of Midudu in Accra, Ghana
- Shanna Lewis, Colorado Public Radio producer
- Rashanda Trumble, Stay Woke Tarot, journalist and media presence
- Nigel Slater, President of Hazon – the largest faith based environmental organization in the USA
- Becky O'Brian, Director of Food and Sustainability, Hazon
- Mark Hurwitz, neuroscientist, entrepreneurship professor, leadership trainer
- Carmen Cool, therapist, fat activist, speaker
- Jessica Pfeiffer, fellow at the Child Trauma Academy
- Nicole Civita, Food Justice Activist, lawyer, and professor of sustainability
- Douglas Brooks, Rajanaka Yoga and public speaker
- Bhanu Kapil, Cambridge University professor, winner of the 2020 Windham Campbell prize
- Lisa Woolfork, Blogger at Black Women Stitch, professor at University of Virginia and Instagram sewing star

Meesha Brown on why story is what we need:

"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."

—Meesha Brown, President of PCI Media

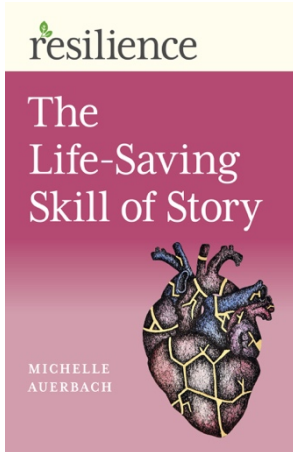
The world is not going to be the same after COVID-19. We need the skills to build the future. **Resilience: The Life-Saving Skill of Story** gives readers all the tools they need to build that new world and make it more generous, caring, just, inclusive and filled with emotionally intelligent people who can create new systems and bring new inspiration and ideas.

"While some people are stitching masks for health workers, donating to food pantries, or shopping for elderly neighbors, a band of authors has found a unique way to help others in the pandemic. John Hunt Publishing decided to marshal the wisdom of our best expert authors and create a series of short books focused on practical, emotional, and psychological skills people need to adapt and survive the pandemic. Not blog-post stuff, like how to social distance. These books focus on the tough stuff required to create genuine resilience: how to plan and adapt in a pandemic, how to handle anxiety, how to connect with nature, how to build a better world through story."

—Tim Ward, Editor Changemakers Press, John Hunt Publishing



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*.



Resilience: The Life-Saving Skill of Story

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