



Stronger: Develop the Resilience You Need to Succeed (UK Professional Business Management / Business)

By Dr. George S. Everly Jr., Dr. Douglas A. Strouse, Dr. Dennis K. McCormack



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Professional athletes, surgeons, first responders--all perform remarkable feats in the face of intense stress. Why do they thrive under pressure, while others succumb?

What separates the two is attitude. Resilient people meet adversity head-on and bounce back from setbacks. They seem to naturally exude an inner strength--but studies show that resilience is something that anyone can build. Analyzing the heroic exploits of U.S. Navy SEALs and others who succeed against all odds, *Stronger* identifies five factors that combine to unlock deep reserves of personal power:

Active optimism--believe that you can change things for the better - **Decisive action**--you can't succeed if you don't take the leap - **Moral compass**--face any challenge with clear guiding principles - **Relentless tenacity**--try, try again - **Interpersonal support**--gain strength from those around you

Drawing on the unique perspective of a standout team of authors (a stress management expert, a skilled entrepreneur, and a Navy SEAL), *Stronger* explores the science behind resilience and explains how you can develop this vital trait for yourself. Whatever your profession, today's demanding world calls for a special kind of strength. This revealing book holds the key.



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Bibliography

- Sales Rank: #125334 in Books
- Brand: Amacom
- Published on: 2015-08-05
- Original language: English
- Number of items: 1
- Dimensions: 9.20" h x 1.00" w x 6.20" l, .0 pounds
- Binding: Hardcover
- 240 pages

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