

Micro Resilience Minor Shifts For Major Boosts In Focus Drive And Energy

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These small adjustments are what Bonnie St. John and Allen P. Haines call " micro-resilience " and they provide easily applicable techniques in their book Micro-resilience: Minor Shifts for Major Boosts In Focus, Drive, and Energy. The author, Bonnie St. John, is the definition of resilience herself.

Micro-Resilience: Small but Effective Techniques That ...
Together with her husband, marketing executive and former entertainment industry CEO Allen Haines, St. John wrote Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy, a how-to book that teaches restorative techniques that boost energy, reduce stress, enable the brain to fire faster, and help readers effectively master coping mechanisms for both crisis situations and the ups and downs of the work-a-day world.

Reduce Stress with Micro-Resilience Techniques ...
Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy Hardcover – Feb. 7 2017 by Bonnie St. John (Author) 4.5 out of 5 stars 15 ratings See all formats and editions

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Educated at Harvard and Oxford, the Rhodes Scholar talks about developing resilience in her new book co-authored with Allen P. Haines, Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy.

An Olympian Shares the Five Steps to Developing Resilience ...
Praise For Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy... " Micro-Resilience is a powerful book that will help you rethink the drive-until-you-drop approach to work. By reframing your thinking in the way St. John and Haines describe, you can learn to learn bounce back from setbacks and create a life of power and meaning."—

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Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy with Bonnie St. John

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Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy It isn' t the large, sweeping changes that will help us fight burnout, gain more control, and build resilience and mental toughness.

7 Mental Toughness Books to Help You Become More Resilient ...
Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy; By: ... Micro-Resilience is a great example of a 21st-century solution to meet our 21st-century challenges and opportunities." (Bernard J. Tyson, chairman and CEO, Kaiser Permanente)

Micro-Resilience by Bonnie St. John, Allen P. Haines ...
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