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The Little Book of Resilience is a 'dip in' book, designed to give you an idea on each page that you might reflect on and wherever possible, take action. For each idea, consider: Where do I do that already? Where could I do that more often?

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The Big Little Book of Resilience by Matthew Johnstone

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The Little Book of Resilience Hardcover - March 10, 2016 by Lucy Lane (Author)

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about what resilience is and how we grow and maintain it.

The Little Book of Resilience – Liggy Webb

The Little Book of Stoicism. Timeless Wisdom to Gain Resilience, Confidence, and Calmness
“How long are you going to wait before you demand the best for yourself?” – Epictetus, Stoic philosopher. Where can you find joy? Gain strength? How should we face our fears? Deal with the death of a loved one? And what about those reoccurring depressing thoughts?

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