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Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness

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These days its hard to count on the world outside. So its vital to grow strengths inside like grit, gratitude, and compassionthe key to resilience, and to lasting well-being in a changing world.True resilience is much more than enduring terrible conditions. We need resilience every day to raise a family, work at a job, cope with stress, deal with health problems, navigate issues with others, heal from old pain, and simply keep on going.With his trademark blend of neuroscience, mindfulness, and positive psychology, New York Times bestselling author Dr. Rick Hanson shows you how to develop twelve vital inner strengths hardwired into your own nervous system. Then no matter what life throws at you, youll be able to feel less stressed, pursue opportunities with confidence, and stay calm and centered in the face of adversity.This practical guide is full of concrete suggestions, experiential practices, personal examples, and insights into the brain. It includes effective ways to interact with others and to repair and deepen important relationships.Warm, encouraging, and down-to-earth, Dr. Hansons step-by-step approach is grounded in the science of positive neuroplasticity. He explains how to overcome the brains negativity bias, release painful thoughts and feelings, and replace them with self-compassion, self-worth, joy, and inner peace.

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