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Nota di contenuto	Part 1. Time for a change -- 1. Sorry for the mistake: why 70 years of stress management training has left us stressed -- 2. 21st-century work challenges: bring them on -- 3. The resilience revolution: the Teflon for stress -- Part 2. The rhythms of resilience -- 4. Get ready and get tough -- 5. Navigating the waters -- 6. Bouncing back and ahead -- Part 3. Putting it into action -- 7. Overcoming your negativity bias: creating your future and not accepting your lot -- 8. Investing in yourself: your personal return on investment -- 9. Bringing your best to work: your daily dose of success -- 10. End-to-end resilience -- References -- Notes -- Index.
Sommario/riassunto	For 70 years, psychologists, wellness experts, and physicians have been teaching people that they can manage the stress in their lives. They have been wrong. Over the past 15 years, there has been a revolution in how business, communities, and governments around the globe address challenge and adversity. Their goal has shifted from trying to manage these events to instead recognizing that we have to build resilient systems that help us prepare for them, navigate through them in real time, and bounce back-- or better still, bounce forward. The resilience movement admits the fact that we can't always keep bad

things from happening and that we must develop strategies that help us learn from the challenges, not be victimized by them. The Resilience Advantage takes these ideas and those from neuropsychology, education, the arts, sports, and positive psychology and puts them into practical and effective strategies for individuals and organizations who struggle with the day-to-day stresses of today's complex and challenging workplace. Despite our efforts to help people manage their stress, this model is fatally flawed. To work towards resilience, however, with its understanding and acceptance that challenges are inherent and perhaps should be even welcomed, relieves us of the pressures associated with trying to manage our stress. The Resilience Advantage will transform how you think about stress and help you to move from being a stress victim to being a stress victor.

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