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Soggetti	Resilience (Personality trait) Adjustment (Psychology)
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Note generali	"Real Strength is written by journalist and novelist, Katy Regan."-- About Psychologies.
Nota di contenuto	Real Strength: Build your resilience and bounce back from anything; Contents; Foreword; INTRODUCTION; HOW TO USE THIS BOOK; The experts interviewed for Real Strength; 1 WHAT DOES REAL STRENGTH MEAN TO YOU?; Chapter 1: What is real strength?; Defining real strength; 1. Real strength is about resilience; 2. Real strength is not about staying safe or self-protection; 3. Real strength is not about avoiding pain, but embracing it; 4. Real strength is about thriving versus surviving; 5. Real strength is about being courageous -allowing yourself to be vulnerable.; 6. Real strength is about self-awareness and emotional honesty7. Real strength is about emotional regulation; 8. Real strength is about being optimistic; 9. Real strength is finding sense and meaning in adversity; 10. Real strength is about psychological flexibility; 11. Real strength is about balance and perspective; TAKE THE TEST: What does real strength mean to you?; Chapter 2: How are you feeling right now?; The survival instinct: what is actually happening in our brain when we are under threat?; How do we behave when under threat?; Avoidance; Rumination; Self-sabotage; Guilt; Blame.; Telling ourselves false narrativesThe importance of building real strength right now; The power of adversity: why going through sh*t is good for you!; The good news, part one; The good

news, part two; TAKE THE TEST: How do you deal with adversity?; Chapter 3: Moving towards real strength; Grow a growth mindset; A fixed mindset; A growth mindset; Can I develop or learn a growth mindset?; The power of grit; What is 'grit' anyway?; Are you ready and willing?; TAKE THE TEST: How do you deal with uncomfortable feelings?; 2 WHAT'S STOPPING YOU FROM BOUNCING BACK?; Chapter 4: Are some people more resilient than others? 1. Identify and define your values; 2. Discover your passion; Growing your passion; 3. Connect to your purpose; TAKE THE TEST: How resilient are you?; Chapter 5: Tackling change; We're wired for change -- we need it for growth; Why is change so stressful?; It's the transition, not necessarily the change, that's hard; Perception is everything; Tackling uncertainty; Maintaining real strength in the face of change; TAKE THE TEST: How do you react to uncertainty?; Chapter 6: Strength robbers; 1. Chasing perfection; 2. Being a catastrophist.; 3. Dwelling and rumination 4. Victim mentality; How is learned helplessness a barrier to real strength?; 5. Letting stress get to you; HOW exactly does stress deplete our ability to be resilient?; 6. Getting stuck; 7. Avoidance and offloading; 3 HOW CAN YOU BUILD REAL STRENGTH?; Chapter 7: Manage your emotions; Know yourself; Harnessing your emotional agility; Getting hooked; Getting unhooked; Condition your thinking; Refocusing your attention on what's important; Chapter 8: The two Cs: compassion and connectedness; The power of compassion; What is compassion?

Sommario/riassunto

" One of the best books I've ever read on practical resilience. " -Miriam Akhtar, positive psychologist and author of What is Post-Traumatic Growth? BUILD YOUR RESILIENCE What do you do when life throws a curveball? Adversity is an inescapable part of life, but it's how you deal with it that really counts. Resilience is about using those challenges, however large or small, to reset your course and create the life you want. BOUNCE BACK FROM ANYTHING Real strength is not just about surviving hard times, but thriving despite the challenges. Using the latest research and advice from experts in the field of wellbeing and resilience, Psychologies magazine will help you: Feel more confident in your ability to overcome change Tap into and build on the inner resilience you already have React in a healthy way to problems and opportunities Avoid the common pitfalls that rob you of your strength Adopt new techniques to help you start getting stronger today When life knocks you back, you need to tap into those reserves of strength and find a way to move forward again. You are strong, you are brave and you are about to take the first step. " Essential reading for anyone who wants a step-by-step guide on how to challenge themselves and grow. " -Dr Tamara Russell, Director, Mindfulness Centre of Excellence
