



# Resilience: How to cope when everything around you keeps changing

*Liggy Webb*

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## **BOUNCE BACK FROM WHATEVER LIFE THROWS AT YOU**

Stressful situations are a fact of life. Job insecurity, financial burden, relationship doubt are all too familiar. Some people approach them with confidence and poise, facing change and challenges head on. Others back away slowly into a corner and become quivering wrecks at the mere thought of them. So what is it that makes some people cope with these adverse situations so well? It's not about what is happening to you, but how you react to it. It's about your resilience.

Happiness guru **Liggy Webb** is here to help us all find positivity and inner strength to cope with stressful situations. Arming you with a personal toolkit to handle day to day challenges, and providing strategies for thriving in uncertain times Liggy shows you how to increase your 'bouncibility' and bounce back from whatever negative things life throws at you.

- Timely topic with governments across the world promoting happiness on the one hand and dealing with vast economic uncertainty and austerity on the other
- Easy to digest, anecdotal and practical guide with lots of common sense advice
- Contains timely examples and tips tailored for coping with difficult times

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A lot of people always spent their very own free time to vacation or perhaps go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. In order to try to find a new activity honestly, that is look different you can read the book. It is really fun for yourself. If you enjoy the book that you read you can spent all day long to reading a reserve. The book Resilience: How to cope when everything around you keeps changing it is extremely good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. Should you did not have enough space to create this book you can buy the e-book. You can m0ore easily to read this book from a smart phone. The price is not too expensive but this book provides high quality.

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