



## Secrets of Resilient People: 50 Techniques to be Strong

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By John Lees

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Secrets of Resilient People: 50 Techniques to be Strong, John Lees, What do resilient people know that the rest of us don't? Do they have a secret recipe for maintaining their equilibrium during tough times? Is there a special alchemy at work? 'The Secrets of Resilient People' reveals the 50 things you need to know to survive and thrive in tough times, maintaining a positive and productive outlook whatever the circumstances. Some will surprise you, and all will inspire you. Put these 50 simple strategies together and you will have a recipe for success, a proven formula that will unlock the secrets and uncover your potential.



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