



The Resilience Breakthrough: 27 Tools for Turning Adversity into Action

Christian Moore

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A Guide to Resilience: How to Bounce Back from Life's Inevitable Problems

Christian Moore is convinced that each of us has a power hidden within, something that can get us through any kind of adversity. That power is *resilience*.

In *The Resilience Breakthrough*, Moore delivers a practical primer on how you can become more resilient in a world of instability and narrowing opportunity, whether you're facing financial troubles, health setbacks, challenges on the job, or any other problem. We can all have our own resilience breakthrough, Moore argues, and can each learn how to use adverse circumstances as potent fuel for overcoming life's hardships.

As he shares engaging real-life stories and brutally honest analysis of his own experiences, Moore equips you with twenty-seven resilience-building tools that you can start using today--in your personal life or in your organization.

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