



It's Not the End of the World: Developing Resilience in Times of Change

Joan Z. Borysenko

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The world is in crisis . . . but *we* don't have to be. We all know resilient people who bounce back from hardship and create their best lives. That's the promise of change. Other people stress out and melt down, losing hope and health. That's the *danger* in times of change. The good news is that resilience isn't a genetic gift for the lucky few—it's an easily understood skill that anyone can practice and master.

Resilient individuals face reality head-on, take action, find deeper meaning in life, laugh often, and are masters of improvisation. A new kind of natural selection is already having its way with us. As change and uncertainty escalate, those who are prone to stress will be less able to compete, but hopeful, stress-hardy people will rule the world.

This book by **Joan Borysenko**, a world-renowned expert on stress, health, and human potential, is the tool chest needed to step into a bold new future that works for us all!

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