

Jo Owen

resilience

**10 habits
to thrive in
life and work**

Praise for *Resilience*

'I challenge anyone to read through it, highlight the lines that resonate and make sense, and then stand back and see what is left ... there won't be much.'

MARK EVANS MBE, FOUNDER, THE UNIVERSITY OF THE
DESERT; EXECUTIVE DIRECTOR, OUTWARD BOUND OMAN;
ROYAL GEOGRAPHICAL SOCIETY GEOGRAPHICAL AWARD WINNER.

'Highly readable wisdom travelling along the all-important road to resilience.'

DAVID STEPHEN, CHIEF RISK OFFICER, WESTPAC

'Essential for anyone who is interested in learning how to handle pressure or support other people who are facing challenging circumstances.'

RODERIC YAPP, LEADERSHIP FORCES

'A highly practical guide that takes you from setbacks to success. The advice rings true to experience.'

LEON TAYLOR OLYMPIC MEDALLIST,
BBC COMMENTATOR; EXECUTIVE COACH

'This book has captured so many ideas that we can all learn from, to cope with any challenges that we are faced within life. We can choose to use these challenges to help us thrive and become stronger.'

WENDY CASSON, HEADTEACHER,
EDUCATIONAL DIVERSITY, BLACKPOOL

'*Resilience* offers us practical wisdom, packaged in bite-sized chunks, to help us meet life's challenges with clarity, perspective and agency, and without depleting our emotional and physical energy.'

BAILLIE AARON, FOUNDER, SPARK INSIDE

Resilience

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