



Resilience at Work: How to Succeed No Matter What Life Throws at You

By Salvatore R. Maddi

AMACOM. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Why do some people remain so calm and collected in the face of looming deadlines, combative meetings, impending layoffs, and turbulent changes? And why are these seemingly unflappable people the ones who consistently get ahead in their lives and their careers? The key to success is their resilience, according to the founders of the innovative Hardiness Institute in Newport Beach, California. More than experience or training, resilience in the face of stressful situations and rapid changes determines whether you ultimately succeed or fail in the workplace. It allows you to thrive even in tumultuous conditions, to turn potential disasters into growth opportunities. And the good news for the legions of other workers who become overwhelmed, and even sickened, by stress is that resilience in the face of life's problems is not an inborn personality trait, but a set of skills and attitudes that you can actually learn and develop. Resilience at Work gives you the knowledge, tools, and encouragement you need to embark on your journey to becoming a hardier, more successful person. Based on a twelve-year study of Illinois Bell Telephone employees as they experienced immense...



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