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throughout the day-
every day. As
leadership
consultants and
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Bonnie St. John and
Allen P. Haines have
heard the same
complaints from
clients for years;
periodic burnout, lack
of focus and low
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These small
adjustments are what
Bonnie St. John and
Allen P. Haines call
"micro-resilience" and

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they provide easily applicable techniques in their book *Micro-resilience: Minor Shifts for Major Boosts In Focus, Drive, and Energy*. The author, Bonnie St. John, is the definition of resilience herself.

Micro-Resilience:
Small but Effective

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Together with her husband, marketing executive and former entertainment industry CEO Allen Haines, St. John wrote *Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy*, a how-to book that teaches restorative techniques that boost

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and Oxford, the Rhodes Scholar talks about developing resilience in her new book co-authored with Allen P. Haines, *Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy*.

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physiology looking for big answers. Instead they found small answers; proof that small adjustments in daily routines, including thought patterns, food and drink, rest and movement can fight the forces that sap our energy and store focus and drive. They call these amazing

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efficient restorative techniques "micro-resilience."

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into the latest research on neuroscience, psychology and physiology looking for big answers. Instead they found small answers; proof that small adjustments in daily routines, including thought patterns, food and drink, rest and movement can fight

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their influence to drive positive change, diversity and inclusion, and create an equitable community. Most books on resilient leadership appear to focus on spirituality and tools to grow an "unshakable core of calm, strength, and happiness" or "bounce back without

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getting stuck in the toxic emotions of guilt, false guilt, anger, and bitterness. These books are very similar to handbooks focusing on mental toughness and providing guides for overcoming adversity and managing negative emotions. This book, however, defines resilience as a

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ourselves—by
necessity, we bring
both our hearts and
our minds to
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Leah Weiss explains why this false dichotomy can be destructive to both our mental health and our professional success. The bad news, says Weiss, is that nothing provides more opportunities for negative emotions—*anxiety, anger, envy, fear, and paranoia*, to name a

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fewer than the dynamics of the workplace. But the good news is that these feelings matter. How we feel at and about work matters—to ourselves, to the quality of our work, and ultimately to the success of the organizations for which we work. The path to productivity

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and success, says
Weiss, is not to
change jobs, to
compartmentalize our
feelings, or to create a
false "professional"
identity—but rather to
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techniques, we can
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we can develop an
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bigger picture goals
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purpose in even the
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since Facebook's early days and her following six years as a marketing executive for the company. Her part memoir, part how-to manual addresses issues of privacy, online presence, networking, etiquette, and the future of social change.

Live the life you want,
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not the life you settle for. Helping people build healthy new habits that improve their lives is more important than ever. Arianna Huffington launched Thrive Global to do just that--Thrive's specific mission is to end the epidemic of stress and burnout and help individuals and

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