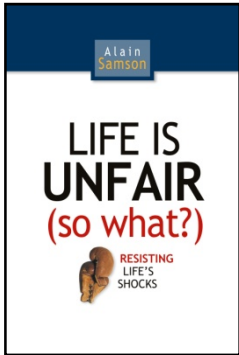


24. Non-Fiction – Resilience

LIFE IS UNFAIR by Alain Samson



Some people never seem to be unhappy. They suffer their share of setbacks, but seem to be able to pick themselves up and press on. Who are these rare birds? And most of all, what can we do to be more like them?

Scientists have examined these people from every angle and come to some surprising conclusions: unflappable individuals are not special. They do not possess a particular gene, nor are they more intelligent than others. They simply decide not to view themselves as victims and develop habits that enable them to make the most of situations, no matter how difficult.

Using a wide array of examples, the author set out 10 keys to resilience – people's ability, like certain metals, to resist even the strongest blows. Minor hitches or daunting ordeals: no one is immune. But everyone can endure... and triumph.

Alain Samson is the author of some 40 books on management and also works as an adult educator and conference speaker. He has dedicated himself to the personal growth of individuals.

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