



The Art of Resilience: One Hundred Paths to Wisdom and Strength in an Uncertain World

Carol Orsborn

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Life is a tricky, often difficult journey, so few qualities are more important to our health and peace of mind than resilience of spirit. Carol Orsborn, an internationally recognized businesswoman, theologian, and motivational speaker, has created an inspiring guide to one hundred different ways to find wisdom and strength in an uncertain world. Her stories, anecdotes, and practical advice--inspired by the teachings of spiritual masters from both Eastern and Western traditions--are guaranteed to help anyone learn to rebound gracefully and productively when up against forces that are beyond our control. Each practical tip, each seed of wisdom, is encased in a one- or two-page story that's touching or humorous or thought provoking.

The Art of Resilience is for anyone who has ever felt overwhelmed by disappointment, illness, or loss. It is a book that offers hope and comfort and reminds us, in ways both large and small, that we must move through and beyond disappointment to find our God-given capacity for love and joy.

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