



Resilience: How to cope when everything around you keeps changing

Liggy Webb

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BOUNCE BACK FROM WHATEVER LIFE THROWS AT YOU

Stressful situations are a fact of life. Job insecurity, financial burden, relationship doubt are all too familiar. Some people approach them with confidence and poise, facing change and challenges head on. Others back away slowly into a corner and become quivering wrecks at the mere thought of them. So what is it that makes some people cope with these adverse situations so well? It's not about what is happening to you, but how you react to it. It's about your resilience.

Happiness guru **Liggy Webb** is here to help us all find positivity and inner strength to cope with stressful situations. Arming you with a personal toolkit to handle day to day challenges, and providing strategies for thriving in uncertain times Liggy shows you how to increase your 'bouncibility' and bounce back from whatever negative things life throws at you.

- Timely topic with governments across the world promoting happiness on the one hand and dealing with vast economic uncertainty and austerity on the other
- Easy to digest, anecdotal and practical guide with lots of common sense advice
- Contains timely examples and tips tailored for coping with difficult times

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