

Qualities of Resilient People

Why do some people rise above adversity and excel under pressure, and others doubt themselves, or crater in pain? *What separates them is attitude.* Resilient people meet adversity head-on and bounce back from difficulty. Drawing on decades of research, scientific analysis, interviews with nearly 1000 highly resilient people working in unusually stressful professions, this book pinpoints the traits that define the most resilient people on earth. *Which of these do you see in your life, and at what levels?*



ACTIVE OPTIMISM

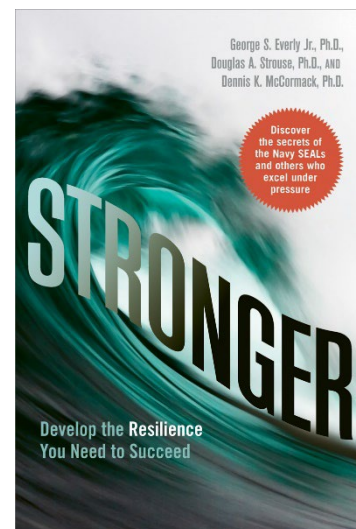
DECISIVE ACTION

MORAL COMPASS

TENACITY &

DETERMINATION

INTERPERSONAL SUPPORT



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