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## Stepping Stones to Emotional Resilience

*A Guide to Embracing Your Inner Strength*

by Marquita Herald

**You don't need to be facing a major change or a crisis in your life to decide you want to become stronger and more resilient.**

Trials will always be a part of life ... a lost set of keys, financial stressors, overloaded schedules, a relationship or health crisis. Even the most longed for changes such as marriage and the birth of a child require adaptability and emotional resilience.

Consider this ... how it is that two people can be faced with the same obstacle and while one becomes mired in a web of negativity and feelings of helplessness, the other is able to overcome the challenge and bounce back stronger than ever?

### **Emotional Resilience is the Key**

When we make the choice to look at all experiences as stepping stones for growth and greater long-term resilience, we are able to approach life on a whole new level, and in the process realign ourselves with what is truly important in our lives.

Stepping Stones to Emotional Resilience answers the questions ...

- \* What emotional resilience is and why it matters.
- \* Is one simply born resilient (or not) and can it ever be developed?
- \* Is the value of emotional resilience limited to crisis management or can it improve the quality of everyday life in any meaningful way?
- \* Is it ever too late to begin cultivating the habits of emotional resilience?
- \* How does one go about changing behaviors and strengthening the capacity for resilience?

*"Unlike so many other books that wander in the vagaries of self-empowerment and self-motivation, I found "Resilience" to be not only practical, but applicable to literally every day of life. Stepping Stones is an uplifting and easy read, with some especially poignant quotes. Well done!" ~M. Hanks*