

Book review



The Big Little Book of Resilience

How to bounce back from adversity and lead a fulfilling life

Category: Book Reviews / Self-help

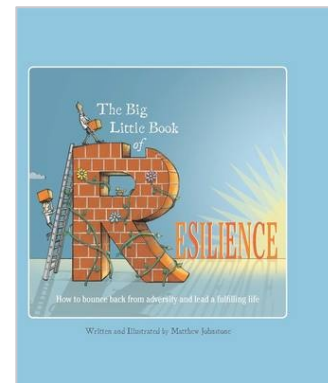
Author: Matthew Johnstone

Year: 2015

Publisher: Little, Brown Book Group, UK

Audience: Supporting Myself

Summary: How we can fortify our lives mentally, emotionally and physically



They say good things come in small packages – well that's certainly true of this little book. *The Big Little Book of Resilience* couldn't have come to me at a better time in my life. The book is filled with words of wisdom that shed light on the human condition. It teaches us how to accept things that life throws at us, complete with useful ideas to build resilience. What's more it is easy to read with beautiful illustrations.

The book is divided into two parts, one talking about the reality of life and what it has to do with resilience, the other providing information about eating, sleeping, forgiveness and ideas about how to have a healthy mind and body.

In a nutshell, this is such a good gift for friends, and I have also decided to buy one just for me.

Reviewed by Ivan Yeo, information officer at the Mental Health Foundation

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