

# MAGNIFICENT RESILIENCE

THE PSYCHOLOGY OF SUCCESS AND  
SIGNIFICANCE

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## INTRODUCTION

Do you realize you are a leader? Regardless of your current career position or station in life, the choices you make will have a profound effect on others. This book is designed for those who are passionately committed to achieving their goals and making a positive impact. In order to do this, you will need to have an accurate perception of who you are. You are a person of influence. If you view yourself in a negative light and diminish your sense of importance, the consequences of these decisions do not only affect you. This insight is sobering, but it can also motivate you to break through self-limiting beliefs which hinder your success.

When you hear the word “resilience”, what comes to mind? Perhaps you recall a personal challenge which tested your mettle. Maybe you are in the midst of such a situation, and the deluge of emotions associated with it have sprung to the forefront. You may have a mental picture of someone you know personally who withstood an adversity when many would have surrendered to exhaustion and defeat. A memory of an icon such as Abraham Lincoln, Helen Keller, or Thomas Edison may have suddenly teleported you back to American History class. Undoubtedly, resilience is a term which carries unique connotations for each person.

Life is unpredictable often forcibly leading people down paths they would rather not travel. An unexpected illness, the untimely death of a loved one, an economic downturn, and the loss of a job are just a few examples of major crises which often catch people off guard and threaten their ability to operate from a place of strength. For that matter, the stressors of daily living require substantive stamina.

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Running a business, maintaining a marriage, raising children, and managing a career demand leadership and perseverance to flourish.

Those who have a burning desire to unlock greater measures of their potential will need exceptional resilience. For some, this quality has come pre-packaged in their DNA. If this is you, consider yourself incredibly fortunate. Please don't put this book down. I assure you it contains a myriad of insights which will enhance your personal and professional growth. Regardless of your genetics, anyone can be brought to the breaking point given enough pressure. For this reason, embrace the opportunity to increase your ability to withstand the invariable challenges which can sabotage your goals and vision.

Some particularly struggle to remain resolute when faced with adversity. They can easily become demoralized by unexpected obstacles. Something as minor as a traffic jam can lead to significant stress. These individuals need to build up strong reserves of resilience to manage both the minor and major life events they will invariably encounter. If this is you, be strongly encouraged. This book contains the necessary skills to triumph over setbacks and achieve greater success. The question is, "Will you do what it takes to acquire these skills?"

How many unread books do you own dustily languishing on your shelves? Make a decision to do something different. Dive into this book committing the time to read, ponder, take notes, and answer the questions at the end of each chapter. I promise you will be entertained and educated at the same time. This will not be an exercise in drudgery.

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I realize I am asking a lot. Life moves at warp speed, and its competing agendas are endless. Regardless, the insights and skills which fill this book will not be attained through a casual read. This is an investment in yourself, your future, your success, and your positive influence in the lives of others. I sincerely hope you will make the decision to increase your level of resilience. This quality is the propulsion you need to persevere through the process of realizing your vision. Let's begin.