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Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy. Bonnie St. John, Allen P. Haines. Learn powerful, science-based techniques to boost focus, drive and energy hour-by-hour throughout the day-every day. As leadership consultants and executive trainers, Bonnie St. John and Allen P. Haines have heard the same complaints from clients for years; periodic burnout, lack of focus and low energy.

Micro-Resilience: Minor Shifts for Major Boosts in Focus

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Together with her husband, marketing executive and former entertainment industry CEO Allen Haines, St. John wrote *Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy*, a how-to book that teaches restorative techniques that boost energy, reduce stress, enable the brain to fire faster, and help readers effectively master coping mechanisms for both crisis situations and the ups and downs of the work-a-day world.

Reduce Stress with Micro-Resilience Techniques ...

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Micro-Resilience: Minor Shifts for Major Boosts in Focus

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These small adjustments are what Bonnie St. John and Allen P. Haines call “micro-resilience” and they provide easily applicable techniques in their book *Micro-resilience: Minor Shifts for Major Boosts In Focus, Drive, and Energy*. The author, Bonnie St. John, is the definition of resilience herself.

Micro-Resilience: Small but Effective Techniques That ...

Praise For *Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy*... " *Micro-Resilience* is a powerful book that will help you rethink the drive-until-you-drop approach to work. By reframing your thinking in the way St. John and Haines

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describe, you can learn to learn bounce back from setbacks and create a life of power and meaning."—

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Minor Shifts for Major Boosts in Focus, Drive, and Energy. By: ... Micro-Resilience is a great example of a 21st-century solution to meet our 21st-century challenges and opportunities." (Bernard J. Tyson, chairman and CEO, Kaiser Permanente)

Micro-Resilience (Audiobook) by Bonnie St. John, Allen P

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The chief executive of the Social Care Institute for Excellence urges three shifts and a long-term plan to reshape how social care is delivered. We all know about the terrible impact that Covid-19 has had on the care and support sector and how local government, already hit by funding pressures, experienced a double whammy when the pandemic started.

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Kathryn Smith: We can't return to a social care status quo ...

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