

# Prosilience: Building Your Resilience in a Turbulent World



## Prosilience: Building Your Resilience for a Turbulent World by Linda Hoopes

★★★★☆ 4.5 out of 5

Language : English  
File size : 2948 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 219 pages  
Lending : Enabled

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# PROSILIENCE

*Building Your Resilience  
for a Turbulent World*



**Linda L. Hoopes**

In a world that is constantly changing and full of uncertainty, it is more important than ever to be resilient. Prosilience is the ability to bounce back from adversity and thrive even in the most difficult circumstances. It is a skill that can be learned and developed, and it is one of the most important things you can do to protect your mental health and well-being.

In her book, *Prosilience: Building Your Resilience for a Turbulent World*, Dr. Lucy Hone shares her groundbreaking research on prosilience. She identifies the key factors that make people resilient, and she provides practical tools and exercises to help you develop your own prosilience skills.

Dr. Hone's research has shown that prosilience is not something that you are either born with or not. It is a skill that can be learned and developed over time. The key factors that contribute to prosilience include:

- **Optimism:** Resilient people tend to be optimistic about the future, even when faced with adversity.
- **Self-efficacy:** Resilient people believe in their ability to handle whatever life throws their way.
- **Social support:** Resilient people have strong social networks and relationships that provide them with support and encouragement.
- **Coping skills:** Resilient people have effective coping skills that help them deal with stress and adversity.

Dr. Hone's book provides a comprehensive overview of prosilience, and it is full of practical tips and exercises to help you develop your own prosilience skills. If you are looking for a way to become more resilient and to thrive even in the most challenging circumstances, then this book is for you.

## Reviews

"Prosilience is a must-read for anyone who wants to build their resilience and live a more fulfilling life. Dr. Hone's research is groundbreaking, and

her practical tools and exercises are invaluable." - Arianna Huffington, founder of Thrive Global

"Prosilience is a timely and important book. In a world that is becoming increasingly complex and uncertain, it is essential to have the tools to build our resilience. Dr. Hone's book provides us with those tools, and it is a valuable resource for anyone who wants to live a more resilient life." - Dr. Gabor Maté, author of *In the Realm of Hungry Ghosts*

## About the Author

Dr. Lucy Hone is a world-renowned expert on resilience. She is a professor of psychology at the University of Auckland, and her research has been published in top scientific journals. Dr. Hone is also the founder of the Prosilience Institute, a non-profit organization dedicated to promoting resilience and well-being.

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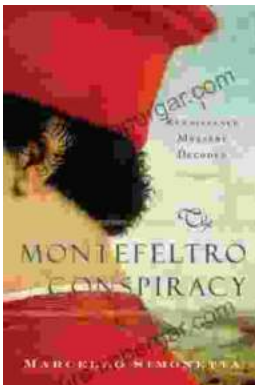
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