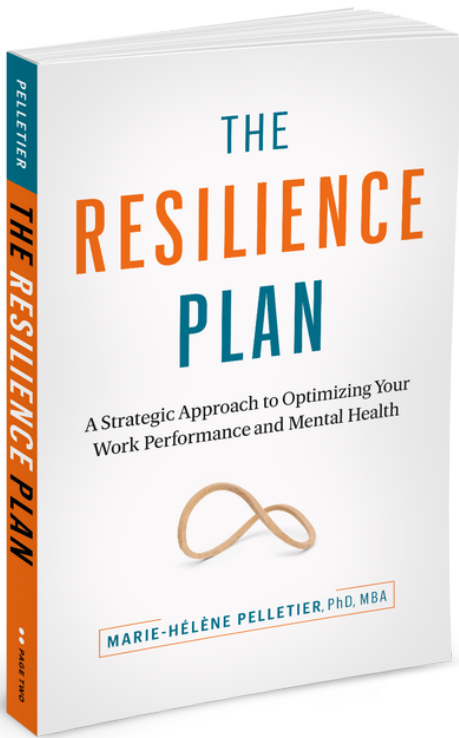


THE RESILIENCE PLAN

A Strategic Approach to Optimizing Your Work Performance and Mental Health



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Resilience is not a given. You need a strategy.

Leaders and professionals handle grueling hours and exceed high expectations. They are undaunted by challenges and embrace opportunities for growth. They assume they are resilient. But given enough demands, anyone can burn out.

This makes logical sense, yet you likely still think it could never be you. Resilience is not an innate character trait. Whether you're in a leadership role or working as part of a team, you need to implement strategies that build and nurture resilience. You need a resilience plan.

Award-winning mental health expert Dr. Marie-Hélène Pelletier draws on her clinical practice and extensive knowledge in therapeutics and business practices to explore how resilience is the best defense against burnout and how everyone can build it in themselves—not with a one-size-fits-all strategy, but with a custom plan. By working through Dr. Pelletier's exercises in this practical guide, you will have a goal-oriented, custom strategy with the knowledge to implement and sustain it, to protect your health and success into the future.

Dr. Marie-Hélène Pelletier is an award-winning workplace mental health expert and psychologist. She holds both a PhD and MBA from the University of British Columbia. She combines business and clinical expertise, translating research about health, performance, resilience, and overcoming challenges into strategies professionals, leaders, and their teams need to thrive.

TheResiliencePlan.com

"The Resilience Plan is highly valuable—it's not to be missed."

- **ROBERT CIALDINI, PhD,**
New York Times bestselling author of *Influence* and *Pre-Suasion*

"A gem of a book! Drawing on best practices from psychology and business, Dr. Pelletier guides busy professionals to reduce burnout and boost resilience."

- **CHRISTINE A. PADESKY, PhD,**
bestselling coauthor of *Mind Over Mood*

MARIE-HÉLÈNE PELLETIER, PhD, MBA