



Building Your Resiliency: A Guide to Bouncing Back from Life's Challenges and Taking on the World

By Brett H. McKay, Kate R. McKay

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Every man wants to know the secret of the man who is able to walk up to any woman and strike up a conversation. Who can saunter into his boss' office and ask for a raise. Who takes the trip everyone else says is crazy. Their secret is resilience. They've got a thick skin; they don't walk around feeling like the next disappointment might be a fatal blow, a wound to their ego and happiness that will take forever to recover from. They're not crippled by fear of embarrassment. They know that if they get rejected, if things don't work out, they'll hardly miss a beat; they know they won't shrivel up like a daisy; they'll simply take the setback in stride and keep on truckin. They don't shrink from forming relationships in fear of the potential pain of a break-up; they know that pain is a possibility but they are confident in their ability to manage it and move on.

Do you want to be a man that lives with gusto, seeing the world as your oyster instead of a minefield? Well, good news: It's possible for every man to develop iron-clad resiliency. This book shows you how.

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