



## It's Not the End of the World: Developing Resilience in Times of Change

*Joan Borysenko*

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The world is in crisis, but you don't have to be. We all know resilient people who bounce back from hardship and create their best lives. That's the promise of change. Other people stress out and melt down, losing hope and health. That's the danger in times of change. The good news is that resilience isn't a genetic gift for the lucky few. It's an easily understood skill that anyone can practice and master. Resilient people face reality head on, take action, find deeper meaning in life, laugh often, and are masters of improvisation. A new kind of natural selection is already having its way with us. Hopeful, stress-hardy people will rule the world. And as change and uncertainty escalate, those prone to stress will be less able to compete.



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