



Survive to Thrive: 27 Practices of Resilient Entrepreneurs, Innovators, And Leaders

Faisal Hoque, Lydia Dishman

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Although many ideas never make it off the page and most new ventures fail, we tend to hear about people when they are successful, not when they are struggling. This creates a distorted perception of how people succeed.

Serial entrepreneur and thought leader Faisal Hoque and journalist Lydia Dishman have examined the stories of a variety of leaders who faced ill health, professional setbacks, emotional loss, and a host of other life-changing events, in order to illustrate how each achieved personal transformation and success by mining their own resilience.

Resilience is the universal human capacity to face, overcome, and even be strengthened by experiences of adversity. The book is divided into three sections, each of which are key concepts in the development of one's own ability to bend, and not break, in the face of a personal or professional setback.

The individual stories examine the essential tools needed to overcome obstacles and seize upon an opportunity.

They incorporate practical applications for reframing your reaction to setbacks.

They help guide you through a process that can redefine fear as a simple signal that something isn't working.

This book offers powerful approaches to diffuse strong emotion in the moment of crisis, and opens up opportunities for re-examining your personal definition of success. The book illuminates how anyone can attain the resilience that's required to repeatedly push forward in the face of conflict.

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