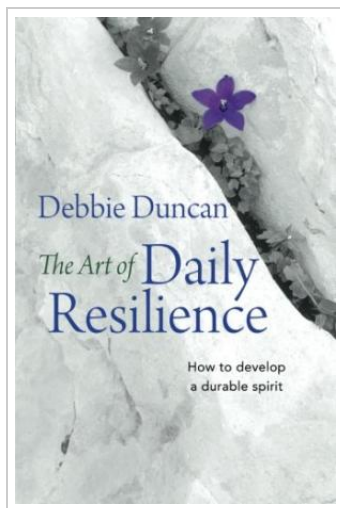




The Art of Daily Resilience: How to develop a durable spirit (Paperback)

By Debbie Duncan

Lion Hudson Plc, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Debbie Duncan knows all too much about the need for resilience. She and her husband Malcolm, and her children, have all had to deal with prolonged ill health, as well as episodes of acute health crisis. As a pastor's wife and a working mum she copes with emergencies large and small on a daily basis. So what makes you strong when you have no strength? Drawing on her personal experience as a nurse and a teacher, Debbie has considerable insight into what constitutes resilience: the ability to cope, to stay on course, to bounce back. In this helpful new book she considers what is required for physical, mental and spiritual durability, interweaving biblical teaching, prayers, with personal anecdote, and sound advice.

DOWNLOAD



READ ONLINE
[2.1 MB]

Reviews

It is one of the best publications. It really is loaded with knowledge and wisdom. You may like the way the blogger writes this ebook.
-- Prof. Shannon Wehner PhD

Undoubtedly, this is the best function by any writer. It usually will not charge too much. I am just very easily can get a pleasure of looking at a written ebook.
-- Alivia Quigley MD