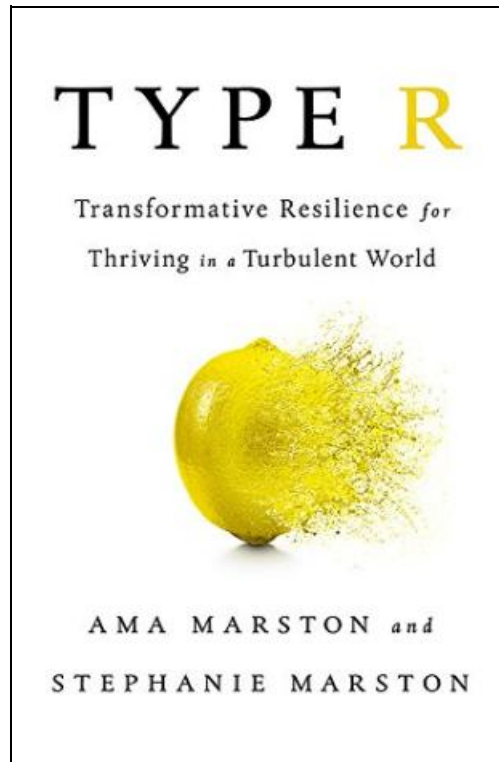


The Type R Mindset: Transformative Resilience for a Turbulent World



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PublicAffairs. Hardcover. Condition: New. 272 pages. We are living through a perfect storm of economic, social, and environmental disruptions that make our world increasingly volatile. Every day were confronted with unprecedented events, whether its on a large scale, like terrorism, environmental crises, or cyber attacks, or in our professional lives, where our businesses face global competition and the ongoing effects of the financial crisis making careers, companies, and even economies vulnerable. And then the stress of daily life itself--balancing work and family, coping with the deluge of information, and shouldering the strain of economic concerns--only adds to our anxiety. This is the new normal. Our challenge today is not to outpace stress, adversity, and momentous change, it is to meet them head-on. Its to learn how to deal with uncertainty not as a passing state, but as a condition of life, to find ways to tolerate--even embrace--uncertainty, not knowing whats next, what works, or what the new rules are. The difference between those who fold and those who flourish in such situations is not resilience in the traditional sense of the word, but a resilience better suited for these tumultuous times--Transformative Resilience. In Transformative Resilience, Stephanie and Ama they draw on their expertise and build upon decades of research across the disciplines of psychology, sociology, behavioral economics, neuroscience, business, and other fields to bridge the individual and the macro perspectives on resilience. Stephanie and Ama begin by identifying the Type R mindset: the set of characteristics of individuals and groups that spring forward rather than simply bounce back in times of disruption and change. These include a sense of purpose, seeing change as opportunity, adaptability, and mobilizing support. They go on to identify the TR Journey of Change: the six stages that propel us into transforming adversity into growth, along...

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