



THE

Resilience Reset

*How to Bounce Back from Setbacks
Without Burning Out*

BOOK + COMPANION WORKBOOK

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About This Book

Not another pile of motivational quotes to feel briefly inspired by, then forget by Friday.

This is a repeatable process for getting through hard things — setbacks, loss, burnout, the kind of difficulty that doesn't resolve with willpower alone. It's built on a simple structure: regulate your nervous system first, reframe the story second, then act from a steadier place. The book walks you through each step, and the companion workbook turns it into practice.

The 30-day challenge isn't a cheerleading routine. It's a concrete sequence of small things — one per day — that compound into real shifts. By the end, you'll have rebuilt some momentum and changed how you see what happened to you. That's worth more than inspiration.

"Resilience isn't about bouncing back unchanged. It's about bouncing back altered — stronger in the places that matter, wiser about what actually helps."