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The Little Book Of Resilience

From the bestselling author of I Had a Black Dog, The Little Book of Resilience is about how we can fortify our lives mentally, emotionally and physically. From the Back Cover Most of us set out quietly hoping, and secretly expecting, that we will live a happy, successful and healthy life. But life doesn't always go to plan.

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From Bruce Lee, Marcus Aurelius, Seneca, to Malcolm
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authors Jonas and Nils Salzgeber have brought the ancient philosophy of Stoicism to the modern age and have found a way to show readers how to adopt this philosophy to everyday life in their novel, “The Little Book of Stoicism: Timeless Wisdom to Gain Resilience, Confidence and Calmness”.

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