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consultants and executive trainers, Bonnie St. John and Allen P. Haines have heard the same complaints from clients for years; periodic burnout, lack of focus and low energy.

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Bonnie St. John and  
Allen P. Haines call  
“ micro-resilience ”

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and they provide easily applicable techniques in their book *Micro-resilience: Minor Shifts For Major Boosts In*

*Focus, Drive, and Energy*. The author, Bonnie St. John, is the definition of resilience herself.

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changes that will help  
us fight burnout, gain  
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build resilience and  
mental toughness.

7 Mental Toughness

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