

## Resilience Hbr Emotional Intelligence Series

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### Resilience Hbr Emotional Intelligence Series

The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work.

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Resilience | HBR Emotional Intelligence Series “How do some people bounce back with strength from daily setbacks, professional crises, or even intense personal trauma?” Michelle Gielan and Shawn Achor contributed an essay on resilience to this guide from Harvard Business Review that looks at what resilience really means and what we can do to boost our resilience.

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A version of this article appeared in the April 2011 issue of Harvard Business Review. Martin E.P. Seligman is the Zellerbach Family Professor of Psychology and director of the Positive Psychology ...

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As constant travelers and parents of a 2-year-old, we sometimes fantasize about how much work we can do when one of us gets on a plane, undistracted by phones, friends, and Finding Nemo. We race ...

## **Resilience Is About How You Recharge, Not How You Endure**

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