



Mini Habits for Resilience: 10 ways to eliminate your fear of failure to create more money, a better love life, and more personal success

Tom Meitner

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Critical failures can hit you at any point in your life, and finding stress management techniques to keep them from crushing you can feel impossible.

What happens when your career is floundering? Or when you lose a bunch of money and don't know how to pay the bills? Or when a relationship goes sour?

In "Mini Habits for Resilience", author Tom Meitner explores the mini habits that help you understand why you're failing and can reverse the course for you. By building resilience in your life, you can bounce back faster and enjoy personal success in any area of your life.

Topics covered in the book include:

- business and professional failures
- relationship problems
- small failures that add up over time
- travel stresses and fears
- and many more.

With personal stories of his own life, coupled with tales of famous "failures" who turned into successes, **Tom Meitner shows you free habits that help you build a life that responds positively to failures.** This approach allows you to be fearless in your efforts, knowing that the worst case scenario will not bring you down. Very few free personal development Kindle books can offer this level of insight into what prepares you for failure.

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Rafael Perez:

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