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Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy Bonnie St. John, Allen P. Haines Learn powerful, science-based techniques to boost focus, drive and energy hour-by-hour throughout the day-every day.

### **Micro-Resilience: Minor Shifts for Major Boosts in Focus ...**

Micro-Resilience (Hardcover) Minor Shifts for Major Boosts in Focus, Drive, and Energy. By Bonnie St. John. Center Street, 9780446579285, 272pp. Publication Date: February 7, 2017. Other Editions of This Title: Digital Audiobook (2/6/2017) Compact Disc (2/7/2017) Compact Disc (2/7/2017)

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## **Micro-Resilience: Minor Shifts for Major Boosts in Focus ...**

These small adjustments are what Bonnie St. John and Allen P. Haines call “micro-resilience” 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.

## **Micro-Resilience: Small but Effective Techniques That ...**

*Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy* Hardcover – Feb. 7 2017. by Bonnie St. John (Author) 4.5 out of 5 stars 15 ratings. See all formats and editions. Hide other formats and editions.

## **Micro-Resilience: Minor Shifts for Major Boosts in Focus ...**

Together with her husband, marketing executive and former entertainment industry CEO Allen Haines, St. John wrote *Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy*, a how-to book that teaches restorative techniques that boost energy, reduce stress, enable the brain to fire faster, and help readers effectively master coping mechanisms for both crisis situations and the ups and downs of the work-a-day world.

## **Reduce Stress with Micro-Resilience Techniques ...**

Together with her husband, marketing executive and former entertainment industry CEO Allen Haines, St. John wrote *Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy*, a...

## **Reduce Stress With Micro-Resilience Techniques (Unrestrained Ep. 68)**

*Micro-Resilience: Minor Shifts for Major Boosts in Focus, Drive, and Energy* (Hardcover)

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## **Micro Resilience - Blue Circle Leadership**

Get this from a library! Micro-resilience : minor shifts for major boosts in focus, drive and energy. [Bonnie St John; Allen P Haines] -- As leadership 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. So they ...

## **Micro-resilience : minor shifts for major boosts in focus ...**

St. John's most recent book, Micro Resilience: Minor Shifts for Major Boosts in Focus, Drive and Energy, outlines tools and techniques to give you a competitive edge in today's dynamic world of changes and challenges. We were eager to chat with her before the conference to hear how her message translates to local government management.

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