



# 21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self

By Zelana Montminy

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Happiness is not about wishful thinking, good luck, or avoiding negative thoughts. In fact, the only path to true happiness requires seeing challenges as opportunities and discovering emotional strength during times of struggle. In other words, it's about resilience. Resilience is a quality most of us want to possess. The big issue is that no one knows how to access it in their day-to-day life. We understand that it's important, that it's crucial even, but it seems like an ephemeral thing that you either have or you don't. How we actually attain the skills to become resilient has been left out of the conversation. Until now.

In *21 Days to Resilience*, Dr. Zelana Montminy, a leading expert in positive psychology, offers a practical, science-backed toolkit to develop your capacity to handle whatever life throws your way—and thrive. Each day of her powerful program, Dr. Montminy introduces a key trait necessary to improve resiliency and enhance wellbeing, such as gratitude, focus, playfulness, self-respect, and flexibility, then provides three simple tasks to accomplish that day—one in the morning, one during the day, and one in the evening. In addition, the book offers a "Take Stock" section that will help you gauge your current level of skill and each chapter ends with a "Lifelong" exercise that offers ways to build the skill as needed to keep your resiliency muscles strong.

Dr. Montminy writes, "Being resilient does not mean that you won't encounter problems or have difficulties overcoming a challenge in your life. The difference is that resilient people don't let their adversity define them. At its core, resilience is about being capable and strong enough to persevere in adverse or stressful conditions—and to take away positive meaning from that experience. Living with resilience is more than just bouncing back; it is about shifting our perceptions, changing our responses, and growing from them." Combining proven science, unique exercises, and insights from real-life experience, *21 Days to Resilience* lays the foundation for happiness and shows you how to build your strength to carry you through the rest of your life.

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## Editorial Review

### Review

“Dr. Z gets it. This book is like having her at your side as part therapist, life coach, and friend, walking you through a process that will change your outlook and help you push through challenges towards your best self.” (**Sarah Michelle Gellar**, actress, producer and co-founder of Foodstirs)

“21 Days to Resilience gives us a powerful map we can apply to grab ahold of radical wellbeing and happiness in our daily lives, for real.” (**Tara Stiles**, bestselling author of *Make Your Own Rules Diet, Yoga Cures* and *Slim Calm Sexy Yoga*, and Founder of Strala Yoga)

“What I love about Zelana’s approach in 21 Days to Resilience is how comprehensive, pragmatic and actionable it is. If you want to build your resilience muscles, these daily workouts are just what the doctor ordered. You’ll be amazed how effortless life will feel as a result.” (**Shirzad Chamine**, *New York Times* bestselling author of *Positive Intelligence* and Stanford Lecturer)

“More than a decade of research proves that, no matter where you are starting, by making small changes to our lives, we can dramatically raise our power over our environment and strengthen our resilience to challenge. Dr. Montminy helps translate this life-giving research into practical daily steps.” (**Shawn Achor**, happiness researcher and *New York Times* bestselling author of *Before Happiness*)

“All too often we think that if we can simply find happiness, our lives will fall into place. 21 Days to Resilience shows that instead of chasing an elusive concept of happiness, we can pivot to a more effective focus on resiliency.” (**Cynthia Sass**, MPH, RD, *New York Times* bestselling author and Health magazine contributing editor)

“Dr. Zelana Montminy shares her incredible insights and expertise on positive change in 21 Days to Resilience. She’s captured the secrets underlying human behavior. This book is a must-read for anyone looking not just for change but also spiritual uplift and sustainable transformation!” (**Dr. Mao Shing Ni**, bestselling author of *Secrets of Longevity* and Founder of Tao of Wellness)

“Dr. Zelana Montminy combines expertise, authenticity, likeability, and a unique ability to translate confusing information in an honest, clear way. 21 Days to Resilience will have you look deep inside to change your negative patterns into positive ones.” (**Catherine McCord**, bestselling author of *Weelicious* and founder of Weelicious.com)

“It’s about time Dr. Z wrote a book!.. Her message is truly unique, inspirational and authentic – and something that will resonate with people well beyond just this book.” (**Hayden Slater**, author & founder, Pressed Juicery)

“In this book, Dr. Z talks about how building resilience will help move your life in the right direction ... a concept that is a long time coming and one we can all benefit from.” (**Lorna Jane Clarkson**, author and CCO of Lorna Jane Activewear)

“Dr. Montminy’s book about Resiliency is a practical toolbox helping anyone make powerful changes in their life and become more successful at anything they want. Within 21 days, she breaks the secrets to

success and happiness down to a science.” (**Leah Segedi**, founder of Mamavation.com)

“It may seem like life is easy for a supermodel, but that is far from the case. I would be nowhere without the power of resilience. This book puts that power in your hands in real, tangible ways. Whatever you have to conquer, this book makes it possible.” (**Molly Sims**, supermodel and actress)

From the Back Cover

Forget About the Pursuit of Happiness.

Master the Art of Resilience.

Happiness is not about wishful thinking, good luck, or avoiding negative thoughts. In fact, the only path to true happiness requires seeing challenges as opportunities and discovering emotional strength during times of struggle. In other words, it’s about resilience.

Resilience is a quality most of us want to possess.

The big issue is that *no one knows how to access it in their day-to-day life*. We understand that it’s important—that it’s crucial, even—but it seems like an ephemeral thing that you either have or you don’t. How we actually attain the skills to become resilient has been left out of the conversation . . . until now.

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Each day of her powerful program, Dr. Montminy introduces a key trait necessary to improve resiliency and enhance well-being—such as gratitude, focus, playfulness, self-respect, and flexibility—then provides three simple tasks to accomplish that day: one in the morning, one during the day, and one in the evening. In addition, the book offers a “Take Stock” section that will help you gauge your current level of resiliency, and each chapter ends with a “Lifelong” exercise that offers ways to build skills as needed to keep your resiliency muscles strong.

Combining proven science, unique exercises, and insights from real-life experience, *21 Days to Resilience* lays the foundation for happiness and shows you how to build your strength to carry you through the rest of your life.

A Practical, Day-by-Day Guide to Strengthening the 21 Key Traits That Determine Lifelong Happiness

“More than a decade of research proves that by making small changes to our lives we can dramatically raise our power over our environment and strengthen our resilience. Dr. Montminy helps translate this life-giving research into practical daily steps. From research to real life, Dr. Montminy makes the path to positive change clearer than ever.”—Shawn Achor, *New York Times* bestselling author of *The Happiness Advantage*

“It’s hard to have a calm mind and clear purpose when life gets crazy and chaotic. Dr. Montminy gets it. This book is like having her at your side as part therapist, part life coach, and part friend, walking you through a process that will change your outlook and help you push through challenges towards your best self.” Sarah Michelle Gellar, actress, producer, and cofounder of Foodstirs

“What I love about *21 Days to Resilience* is how comprehensive, pragmatic, and actionable it is. If you want to build your resilience muscles, these daily workouts are just what the doctor ordered. You’ll be amazed how effortless life will feel as a result.”—Shirzad Chamine, *New York Times* bestselling author of *Positive*

*Intelligence* and Stanford lecturer

“Dr. Z glows with health and vibrancy, has boundless energy, and seems to get it all done without any stress. Now she lets us in on her seemingly magical and mystical secrets. *21 Days to Resilience* gives us a powerful map to grab hold of radical well-being and happiness in our daily lives, for real.”—Tara Stiles, bestselling author of *Make Your Own Rules Diet* and *Slim Calm Sexy Yoga* and founder of Strala Yoga

“Dr. Zelana Montminy has captured the secrets underlying human behavior. A must-read for anyone looking not just for change but also for a spiritual uplift and sustainable transformation!”—Dr. Mao Shing Ni, bestselling author of *Secrets of Longevity*

#### About the Author

Dr. Zelana Montminy is a positive psychologist and health and wellness expert who has contributed to Good Morning America, The Today Show, FOX, E!, *People*, *Redbook*, *Shape*, and *PopSugar*. Dr. Montminy is a member of the American Psychological Association, is a consultant for the Institute for Applied Positive Research, and serves on several boards, including the Pacific Region of the Young Presidents’ Organization (YPO) and the program advisory board of the Respect Institute. She holds master’s and doctorate degrees in clinical psychology with a specialization in health and a focus in positive psychology, and she studied nutrition at Cornell University. She lives in Los Angeles with her husband and two young children.

### Users Review

#### From reader reviews:

##### **Ernie Swisher:**

Here thing why this *21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self* are different and trustworthy to be yours. First of all studying a book is good but it really depends in the content of computer which is the content is as delicious as food or not. *21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self* giving you information deeper since different ways, you can find any publication out there but there is no guide that similar with *21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self*. It gives you thrill examining journey, its open up your current eyes about the thing this happened in the world which is possibly can be happened around you. You can bring everywhere like in area, café, or even in your approach home by train. In case you are having difficulties in bringing the paper book maybe the form of *21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self* in e-book can be your substitute.

##### **Elena Sparrow:**

Reading a book to become new life style in this season; every people loves to learn a book. When you go through a book you can get a wide range of benefit. When you read books, you can improve your knowledge, due to the fact book has a lot of information into it. The information that you will get depend on what kinds of book that you have read. If you need to get information about your study, you can read education books, but if you act like you want to entertain yourself look for a fiction books, this sort of us novel, comics, and soon. The *21 Days to Resilience: How to Transcend the Daily Grind, Deal with the*

Tough Stuff, and Discover Your Strongest Self will give you new experience in studying a book.

**Robert Carroll:**

You can spend your free time to read this book this reserve. This 21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self is simple to deliver you can read it in the park your car, in the beach, train and also soon. If you did not possess much space to bring often the printed book, you can buy the actual e-book. It is make you better to read it. You can save the book in your smart phone. Consequently there are a lot of benefits that you will get when one buys this book.

**Cherly Plaster:**

As a university student exactly feel bored to reading. If their teacher expected them to go to the library or make summary for some e-book, they are complained. Just minor students that has reading's internal or real their hobby. They just do what the trainer want, like asked to go to the library. They go to generally there but nothing reading very seriously. Any students feel that reading is not important, boring and also can't see colorful photographs on there. Yeah, it is for being complicated. Book is very important in your case. As we know that on this period, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore this 21 Days to Resilience: How to Transcend the Daily Grind, Deal with the Tough Stuff, and Discover Your Strongest Self can make you sense more interested to read.

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