ForeWord Reviews

SELF-HELP

It's Not the End of the World: Developing Resilience in Times of Change
Joan Borysenko
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Benjamin Franklin once said, “The Constitution only guarantees the American people the right to pursue happiness. You have to catch it yourself.” This accurately sums up the message that Joan Borysenko presents in *It’s Not the End of the World*. Borysenko successfully steers clear of self-help’s tired and trivial quick-steps-to-success format as she teaches readers how to control their minds and thought processes in order to be-come “stress-hardy” and resilient individuals.

The good news is that humans already are capable of constructive responses to the stress of changing situations. Borysenko focuses on resilient thought processes, encouraging the reader to recognize natural human tendencies and possible responses. She then discusses what can be done both physically and mentally to make “natural responses” more durable and adapting.

The book seeks to help individuals retrain, regrow, and revitalize their brains and mental capacities. These mind alterations can be achieved through humor, yoga, martial arts, exercise, meditation, and increased mindfulness. As Borysenko states, “These activities will bring your whole brain on line and help heal your body, mend your mind, refresh your spirit and create brain circuits that favor resilient thinking.” Ultimately, living a life of “vision and purpose” is the key to leaving what is in the past and to striving towards a more secure future.

In addition to her extensive background in stress management and mind-body medicine, Borysenko holds a Ph.D. from Harvard Medical School, is the bestselling author of *Minding the Body, Mending the Mind*, and is a sought-after speaker. Readers of *It’s Not the End if the World* will not be given a quick and easy solution designed to get one painlessly through all of life’s trying times. Instead, Borysenko presents thought-provoking suggestions and ideas meant to, over time, encourage stronger, healthier coping styles.