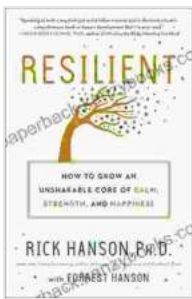


# How To Grow An Unshakable Core Of Calm Strength And Happiness

In today's fast-paced world, it can be difficult to find moments of peace and tranquility. We are constantly bombarded with information, noise, and distractions. This can take a toll on our mental and emotional health, leaving us feeling stressed, anxious, and overwhelmed.



## Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness by Rick Hanson

★★★★☆ 4.7 out of 5

Language	: English
File size	: 4126 KB
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Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 269 pages



But it is possible to find inner peace and happiness, even in the midst of chaos. By developing an unshakable core of calm strength, you can learn to weather the storms of life with grace and resilience.

What is an unshakable core of calm strength?

An unshakable core of calm strength is a deep inner sense of peace and stability. It is a knowing that you are capable of handling whatever life

throws your way. This core of strength comes from a deep understanding of yourself, your values, and your purpose in life.

When you have an unshakable core of calm strength, you are able to:

- Stay calm and collected in the face of adversity
- Make decisions from a place of clarity and wisdom
- Respond to challenges with grace and resilience
- Find joy and happiness in the simple things in life

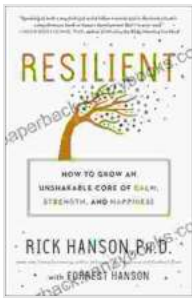
How to grow an unshakable core of calm strength

Developing an unshakable core of calm strength takes time and effort, but it is well worth the investment. Here are a few tips to help you get started:

1. **Practice self-awareness.** The first step to developing an unshakable core of calm strength is to become more aware of your thoughts, feelings, and behaviors. Pay attention to your inner dialogue and notice how you react to different situations. This will help you to identify your strengths and weaknesses, and to develop a better understanding of yourself.
2. **Practice self-acceptance.** Once you have a better understanding of yourself, it is important to learn to accept yourself for who you are. This means accepting your strengths and weaknesses, your successes and failures. When you accept yourself, you are less likely to be critical of yourself or to compare yourself to others. This will help you to develop a stronger sense of self-worth and self-confidence.

3. **Practice self-compassion.** Self-compassion is the ability to be kind and understanding towards yourself. This means treating yourself with the same care and compassion that you would show to a friend. When you practice self-compassion, you are more likely to be forgiving of yourself when you make mistakes. This will help you to develop a stronger sense of resilience and to bounce back from setbacks.
4. **Set realistic goals.** One of the best ways to build an unshakable core of calm strength is to set realistic goals for yourself. When you set goals that are too challenging, you are more likely to feel overwhelmed and frustrated. This can lead to negative self-talk and self-criticism. Instead, set goals that are challenging but achievable. This will help you to build a sense of accomplishment and to develop a stronger sense of self-confidence.
5. **Take care of your physical and mental health.** Your physical and mental health are closely linked. When you take care of your physical health, you are more likely to feel good about yourself and to have more energy. This will make it easier to cope with stress and to maintain a positive outlook on life. Similarly, when you take care of your mental health, you are more likely to be able to think clearly and to make good decisions. This will help you to avoid making impulsive decisions or getting caught up in negative thinking.

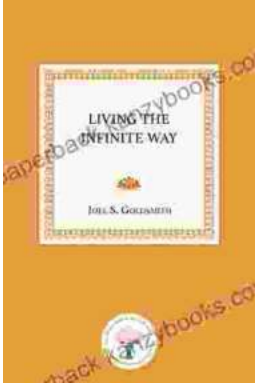
Developing an unshakable core of calm strength is a journey, not a destination. There will be times when you feel challenged, but if you stay committed to the process, you will eventually reach your goal. Remember, the journey of a thousand miles begins with a single step. Take that first step today and start building your unshakable core of calm strength.



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