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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.



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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.

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