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RESILIENCE:

Overcoming Obstacles with Mindfulness

SELF-HELP, WELLNESS, MINDFULNESS

RESILIENCE

Resilience: Overcoming Obstacles with Mindfulness is a transformative book designed to support and empower individuals on their journey through life challenges. Drawing from personal experience, Dr. Boch offers practical tools and mindfulness techniques to help shift our perspective and find strength in adversity. Through daily writing prompts and introspective questions, this workbook provides a gentle, yet powerful guide for cultivating resilience and embracing a more positive outlook. The short stories will help us connect to our true Source with reassurance that the Divine Source is always with us. When you're facing a tough moment or simply seeking personal growth, reach for this little book to help guide your path. *Resilience* illuminates a passage to profound healing and self-discovery.

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—Pia Fitzgerald, The Wellness Tactician, Chief Executive Officer, WOW! Factor

AUTHOR: CENELL BOCH

Cenell Boch, PhD, ATC, is an author, entrepreneur, mindfulness meditation teacher, and professor in the field of health sciences. Dr. Boch is a full-time faculty member at North Park University. She owns and operates a private wellness practice (Wellness with Cenell) and founded a nonprofit organization (C&C Wellness, Inc.). She serves multiple communities as a health and wellness clinician and leadership coach. Dr. Boch has over 25 years of experience assisting clients with developing a healthier lifestyle. She completed the Mindfulness Meditation Teacher Certification Program under Jack Kornfield and Tara Brach. Furthermore, she counts it an honor and privilege to work with C-suite and senior executives worldwide providing mindfulness of diversity and inclusion training and transformational conscious leadership coaching.