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## My book recommendation on resilience

Posted by Tara - 2008/03/14 05:44

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Do you know what impacts health and longevity the most?

EDUCATION is top of the list!

That's why I'm always reading books, listening to audio programs, and attending quality trainings. I'll bet you do too

And, when I come across a particularly useful book or program, I love to share it with my community.

Today's recommendation is a brand new book called "UPPING the Downside" by Master Developmental Coach, Mike R. Jay.

<http://www.ecominics.com/app/?Clk=2313064>

Mike's book is all about how to create professional resilience by design (did you know you could actually design your life to be more resilient?).

The book is discounted to \$9.97 today only, Friday, March 14. When you buy the book today, you'll also receive a huge collection of Resilience Bonuses worth over \$8,500 generously provided by more than 50 Experts and Leaders around the world. This is Mike's way of saying thank you for buying his book today!

<http://www.ecominics.com/app/?Clk=2313064>

Bonus materials include software, audios, videos, live teleclasses, online courses, e-guides, blogging support, coaching, consulting, even tickets to live in-person events!

These are all Bonuses with \*substance\* you can begin implementing right away to generate more resilience now!

For the complete list of all 50+ Bonuses you get with your purchase, follow this link:

<http://www.ecominics.com/app/?Clk=2313064>

P.S. Mike's lineup of Bonus Gift contributors include: Ken McArthur, Ben Mack, Eva Gregory, Hannah Wilder, David Matthies, Kevin Nations, Tara McGillicuddy, Ken Foster, Ellen Britt, Reed Floren, Trevor Crook, Maria Reyes-McDavis, Warren Whitlock, Rhoberta Shaler, The Blog Squad, and many more! See the full list here:

<http://www.ecominics.com/app/?Clk=2313064>

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