



## The Resilient Nurse: Empowering Your Practice

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This book is of value to nurses at all levels of their career."--**Critical Care Nurse**

This is a very practical and easy to read book with many strategies to help new nurses adapt to the stressors of the workplace. It is filled with thought-provoking stories and activities that can foster confidence in tackling workplace issues as well as self-care activities to enhance wholeness and wellbeing. Some suggested strategies for successful outcomes include finding a good mentor, relaxation techniques, using humor, self-reflection, and exercising. There is something in this book for everyone." **Score: 96, 4 stars. --Doody's**

### Medical Reviews

This essential resource is for nursing and allied health students across the globe who are undertaking-or are about to undertake-their internship and initial work experience. This reference identifies practical strategies for career advancement and for overcoming stressors and challenges in the workplace.

With the tools from this book, readers will be able to gain the strength and tactics to break the cycles of hostility and workplace negativity, and thereby change the health system and provide better care for their clients.

### Key Features:

- Presents primary narratives and resilience strategies
- Provides creative resolutions for coping with complex clients, grief, inter-professional tensions, and more difficult issues
- Contains reader activities that encourage students to become agents of change
- Highlights resilience strategies; key coping mechanisms; lessons learned; discussion questions; creative thinking exercises; and teacher-related activities

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### From reader reviews:

#### **William Bellard:**

Book is to be different for every single grade. Book for children until finally adult are different content. We all know that that book is very important for all of us. The book The Resilient Nurse: Empowering Your Practice seemed to be making you to know about other know-how and of course you can take more information. It is extremely advantages for you. The book The Resilient Nurse: Empowering Your Practice is not only giving you a lot more new information but also to become your friend when you sense bored. You can spend your personal spend time to read your reserve. Try to make relationship with all the book The Resilient Nurse: Empowering Your Practice. You never really feel lose out for everything when you read some books.

#### **Alex Jose:**

As people who live in often the modest era should be revise about what going on or facts even knowledge to make these people keep up with the era which is always change and move ahead. Some of you maybe will probably update themselves by studying books. It is a good choice for you personally but the problems coming to a person is you don't know which one you should start with. This The Resilient Nurse: Empowering Your Practice is our recommendation to make you keep up with the world. Why, since this book serves what you want and need in this era.

#### **Michael Farrell:**

Playing with family in a park, coming to see the marine world or hanging out with close friends is thing that usually you might have done when you have spare time, subsequently why you don't try factor that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love The Resilient Nurse: Empowering Your Practice, you are able to enjoy both. It is good combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout people. What? Still don't buy it, oh come on its known as reading friends.

#### **Catherine Cote:**

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