



Raw Coping Power: From Stress to Thriving

Joel B Bennett PhD

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Raw Coping Power: From Stress to Thriving (in life and business) explores new ways to address the growing problem of stress in society and the workplace. It is both a practical guidebook and resource for anyone interested in mastering stress, including individuals, groups, workplaces, and those who serve them (such as coaches, counselors, trainers, and therapists). Each individual has an innate capacity to transform stress into an opportunity for thriving and flourishing. Stress is both a friend and teacher. We can tap into this truth through reminders, a certain vision, and practice of simple tools. And Raw Coping Power provides all of these with specific encouragement to use over 30 exercises in the tool section.

The chapter on the 7 Principles first establishes a foundation of knowledge—with different maps borrowed from research. Each principle is discussed with examples, giving readers confidence that our mind-body system is designed to transform instead of succumb to stress. The next chapter translates research from 10 different areas of modern science including neuroplasticity, post-traumatic growth, resilience, social capital, and the author's own studies on team wellness.

The Tool chapter gives readers simple exercises, most of which can be completed in 10 minutes and systematically designed to tap into our capacity for resilience. The purpose and background of each tool is described and specific steps are given that make these easy to use. A Resource section also gives different tips on where and how to get additional help. Much of Raw Coping Power is based in scientific research and a Notes section gives additional citations and capsule clarifications for studies and other references used. A list of definitions also makes this a very useful tool for communicating this innovative approach to audiences who are looking to see stress in a whole new and positive light.

PRAISE FROM BUSINESS/WELLNESS LEADERS

[+] "One tool will never be obsolete: your own inner strength. Joel Bennett walks you through exactly how you can uncover these priceless forces of resilience and use them to great advantage and satisfaction. A remarkable book." <> Marshall Goldsmith author, the New York Times and global bestseller 'What Got You Here Won't Get You There'

[+] "With obvious expertise, clear compassion, keen insight, and genuine wisdom, Joel Bennett explains why, and how, to cultivate this inner source of strength-and live a better life as a result." <> David L. Katz, MD, MPH, FACPM, FACP; Director, Yale University Prevention Research Center

[+] "Dr. Bennett is an undisputed leader in the field of organizational wellness and particularly stress management. A powerful inspirational resource that will build strength and resilience for anyone. I hope you enjoy it as much as I did." <> Connie Tyne, Vice President of External Affairs; The Cooper Institute

[+] "Be open to the journey, be open to just being. Let Raw Coping Power unleash the raw, life energizing, spirit deep within you" <> William B. Baun, EPD, CWP, FAWHP; Wellness Officer, MD Anderson Cancer Center; President, National Wellness Institute

[+] "Dr Joel Bennett is a bona fide thought leader, his work spot on, timely, and powerfully practical. Raw Coping Power is an accessible "system", helping individuals, teams, and workplaces to tap their capacity to transform stress into a positive learning force." <> Dr. Roger Jahnke, OMD; Author, "The Healer Within"

[+] "A must read for anyone, especially those who wish to reveal new potential within their daily lives." <> Michaela Conley, MA, MCHES, CSMS; Founder and President: Health Promotion Live, HP Career.Net

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Florence Croy:

Often the book Raw Coping Power: From Stress to Thriving has a lot of knowledge on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. The author makes some research before write this book. This book very easy to read you can find the point easily after perusing this book.

Jeffrey Richard:

Your reading 6th sense will not betray you actually, why because this Raw Coping Power: From Stress to Thriving publication written by well-known writer who really knows well how to make book which can be understand by anyone who also read the book. Written within good manner for you, leaking every ideas and producing skill only for eliminate your hunger then you still uncertainty Raw Coping Power: From Stress to Thriving as good book but not only by the cover but also through the content. This is one publication that can break don't evaluate book by its deal with, so do you still needing one more sixth sense to pick that!? Oh come on your looking at sixth sense already told you so why you have to listening to another sixth sense.

Joshua Smith:

In this time globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The book that recommended to you is Raw Coping Power: From Stress to Thriving this reserve consist a lot of the information of the condition of this world now. This book was represented so why is the world has grown up. The words styles that writer require to explain it is easy to understand. The writer made some study when he makes this book. Here is why this book acceptable all of you.

Kisha Hutton:

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