



# The Resilient Manager: Navigating the Challenges of Working Life

*A. Furnham*

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## **The Resilient Manager: Navigating the Challenges of Working Life** A. Furnham

Resilient people are happier, healthier, and more productive. Psychologist and business writer Adrian Furnham takes a sideways and entertaining look at the challenges of being a leader, demonstrating how resilience can be honed, developed, and used as a personal life raft to keep afloat in the face of adversity.

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