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Simone Janson (ed.)

Overcome crises & use them as an opportunity, gaining  
composure, inner peace & mental strength with  
mindfulness, strategies to overcome & understand fears

#train  
your  
resil  
ience

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# **Train your Resilience**

Coping with crises & using them as an opportunity, serenity, inner peace & mental strength with mindfulness, strategies to overcome fears & to understand them

*Simone Janson (ed.)*

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# Table of Contents

## Imprint

Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback  
Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Information as desired with Membership Discounts, eCourses, Workbooks,  
and custom, individual eBooks

Successfully use the AI Extension to the Book for your Goals and to make Money

Experience Success and Inspiration: Discover your Way and support Sustainability

Resilience factor Realistic optimism // By Dr. Denis Murlane

How to train resilience: 10 tips for balance and success // By Simone Janson

Cooperation beats competition: WE belong to the future // By Ulrike Stahl

Understand emotions and address them directly: landing approach communication as a metaphor // By Markus Hornung

Understand failure and get up again: What makes resilience and success? // By Simone Janson

Lead Communicate Self-Love: Learning from Google // By Angela Dietz

On the track of success: Stehaufmännchen become - 8 tips! // By Marc M. Galal

Stress resilience through sport and training: with football to job success? // By Mario Hahn

TALK | Professor Dr. Petra Jansen, Department of Sports Science, University of Regensburg: emotion control, career goals and women // By Simone Janson

Emotions control: 7 positions from Richard Branson to Matthias Horx // By Simone Janson

Organizational Resilience in the Company: Stand-on-Male Culture? // By Dr. Anke Nienkerke-Springer

Resilience is learnable: how to train success // By Simone Janson

Learn mindfulness in everyday life - 3 X 10 tips: Let go of stress with simple exercises // By Simone Janson

Breathe properly to get fit and happy // By Patrick McKeown

Conclusion: How to expand your Knowledge and Experience with interactive AI and discounted Add-on offers for free.

## Authors Overview

Dr. Denis Murlane

Ulrike Stahl

Markus Hornung

Angela Dietz

Mark M. Galal

Mario Hahn

Dr. Anke Nienkerke-Springer

Patrick McKeown

[Simone Janson](#)

[Profound Expert Knowledge, Quality Assurance and AI: The Concept of Publisher of the Year Best of HR - Berufebilder.de®](#)

[Appendix: Tips and Prompts for using the AI Extensions](#)

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# **Resilience factor Realistic optimism**

*// By Dr. Denis Murlane*

If, like us, you enter into a business relationship with an American company in whose concepts the term optimism plays a truly important role, then care is to be taken for people from European culture such as myself. Why? Because there is unlikely to be a country in the world where optimism as a personality trait is as important as in the US.

## **Optimism as a basic attitude**

The phrase "Yes, we can!" was one of the main reasons Barack Obama won the 2007 presidential election because optimism, as a fundamental attitude to life, is nowhere more lived and shown openly than in the United States.

Perhaps it was above all optimists who broke out of Europe centuries ago to find their happiness on this continent, and perhaps this optimism has been so deeply drawn into American culture.

## **If malfunctions are detected too late**

Perhaps this optimism is also responsible for the fact that the country has developed into the world's largest economic power. Perhaps, however, he is just as responsible for the fact that the country has recognized the wrong developments too late, and has for years developed from the greatest economic power in the world slowly into a developing country with ever-increasing poverty.

Perhaps, on the other hand, it is much more fundamental to pessimism, which leads us to do our homework and to be careful. Perhaps, however, this pessimism leads to our own disadvantage that we recognize opportunities, but they do not seize them consistently enough.

## **Is optimism better than pessimism?**

Perhaps with a little more realistic optimism instead of realistic pessimism, we could be significantly more successful and, above all, happier. This is and will be difficult to prove in the future, because things that we have not done or paths that we have not followed do not exist either. The question "What would have happened if ..." cannot be answered and one remains in the area of the guesswork in any case.

When we, and I am expressly talking about ourselves and our American partners, about optimism, we always mean "realistic optimism". This term describes the highly resilient people's inherent belief or attitude that things will turn positive.

## **Turn things around for the better**

After the rain comes the sunshine. What makes the difference between optimism and realistic optimism is that the latter is always based on the actual circumstances, that is, the reality is being looked at honestly.

Let us assume, for example, that your doctor diagnoses a disease that is not life-threatening, but will lead you to take medications every day until the end of your life.

## **The greatest opportunity for your life?**

A realistic optimist will say on this basis that it is a pity but that he can nevertheless lead a happy life, while the optimist will say on the basis that this is the greatest chance of his life and he is now really happy will be. This does not have to, but can be completely overprinted.

As with any other resilience factor, caution is advised in optimism and this has reasons. You should not drive your optimism to the maximum in order to be able to assess situations in a realistic way.

## **To whom would you delegate the responsibility for a nuclear power plant**

On the other hand, he is the only factor that must always be seen in connection with the activity that you are exercising and possibly loving. Who would you rather take responsibility for a nuclear power plant:

A realistic pessimist or a realistic optimist? Who would you rather hire as a controller in your company: a realistic pessimist or a realistic optimist?

## **Optimists are happier**

Psychological research provides us with clear indications that optimists are actually more successful and happier than other people, and this becomes clear when we consider the following example:

You have your own company and a few weeks ago came a shower from your point of view, ingenious new product idea. You do not have time to implement them, and therefore consider which employee in your team will be assigned to you.

## **Show problems - or the solution**

You have two very excellent and qualified employees, whom you can trust, and decide to conduct individual talks with them. Employee A listens to your idea and, in the course of the conversation, points you down to the last detail on the things