



The Resilience Reflex: 8 Keys to Transforming Barriers into Success in Life and Business

Zaheen Nanji


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Does your life seem to put constant roadblocks in your way? Does your attempt to balance family, work, and relationships make you feel burnt out from sunrise to sunset? Author Zaheen Nanji understands where you've been, and how you can take action to move forward. Nanji has overcome great obstacles to be the entrepreneur, speaker, wife, and mother that she is today. In her journey from East Africa to Canada, she faced displacement and disruption. A stuttering problem beset her with embarrassment and confusion. Her experiences taught her to become stronger and more grateful, and through her new book, *The Resilience Reflex*, she can teach you to the same essential traits. In this book, you'll learn: • How to manage your emotions and solve problems • How to get unstuck and take action • How to move up in life while balancing your other responsibilities • How to strengthen your attitude, relationship skills, beliefs, and passions • And much, much more! Part narrative and part tutorial, Nanji uses her personal experiences to share keen insights about seemingly impossible challenges. As your partner in your efforts to overcome barriers, Nanji will help you turn setbacks into opportunities and push through any possible challenge. Touching upon both personal and professional scenarios, this book will help you navigate life's most perplexing obstacles and develop resiliency and courage in the process. *The Resilience Reflex* is relatable and engaging, and you may feel as though it's speaking directly to you. Reading this book will inspire you to find solutions to your most pressing personal and professional challenges.

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