



## The Resilient Nurse: Empowering Your Practice

*Dr. Margaret McAllister, John Lowe*

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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:**

**Maureen Guzman:**

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**Charles Brewster:**

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