

ROOT STRENGTH

A HEALTH AND CARE PROFESSIONALS' GUIDE TO MINIMIZING STRESS AND MAXIMIZING THRIVING

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Develop resilience and thrive as a care professional

- **Focus on both theory and practice** allows for self-assessment and the ability to build resilience and thrive, with concepts underpinned by research.
- **UNIQUE! *Journeys* case studies** highlight a care practitioner's real-world experience/concerns, encouraging you to think about how you would handle the situation as you read through the chapter; the chapter closes with an effective method to handle the real-life situation, demonstrating how to apply the lessons learned.
- **UNIQUE! Clear and conversational writing style and metaphorical roots/tree framework** makes it easy to understand concepts.
- **Practical exercises** throughout the text allow you to build and strengthen your own metaphorical roots.
- **Real-world vignettes** demonstrate how concepts apply to a variety of scenarios

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