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Resilience breeds success



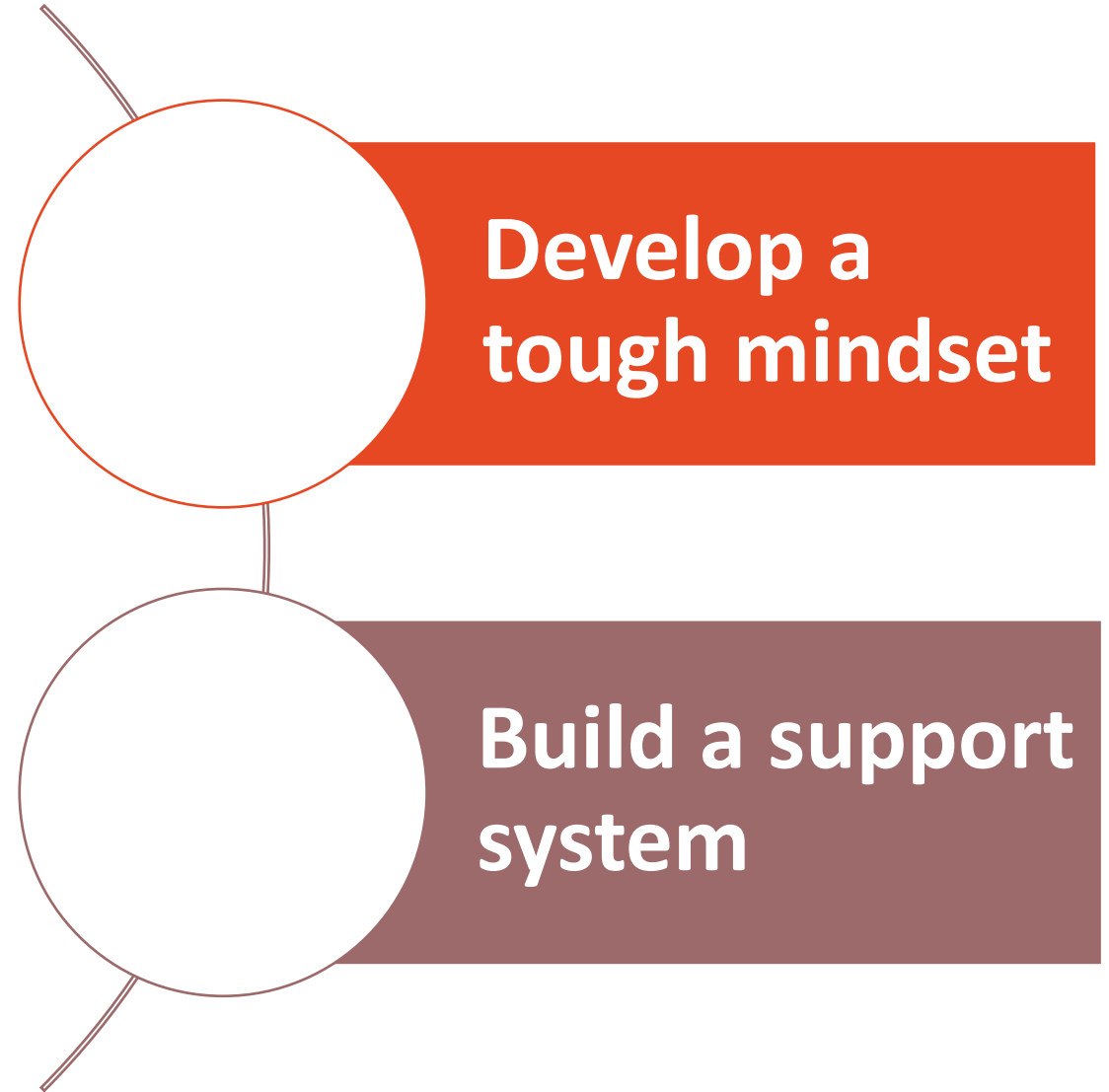
Define Resilience

The capacity to withstand or recover quickly from difficulties. It involves the ability to adapt well in the face of adversity, trauma, tragedy, threats or significant sources of stress. In a more physical sense, it can also refer to the ability of a substance or object to spring back into shape after being bent, compressed or stretched.



The two phases of life

Building the walls



Laws of Resilience

Learn from experience

Don't put your trust in anybody

Be ready for anything

Learn when to fight and when to retreat

Learn the art of silence

Learn not to sing for your supper

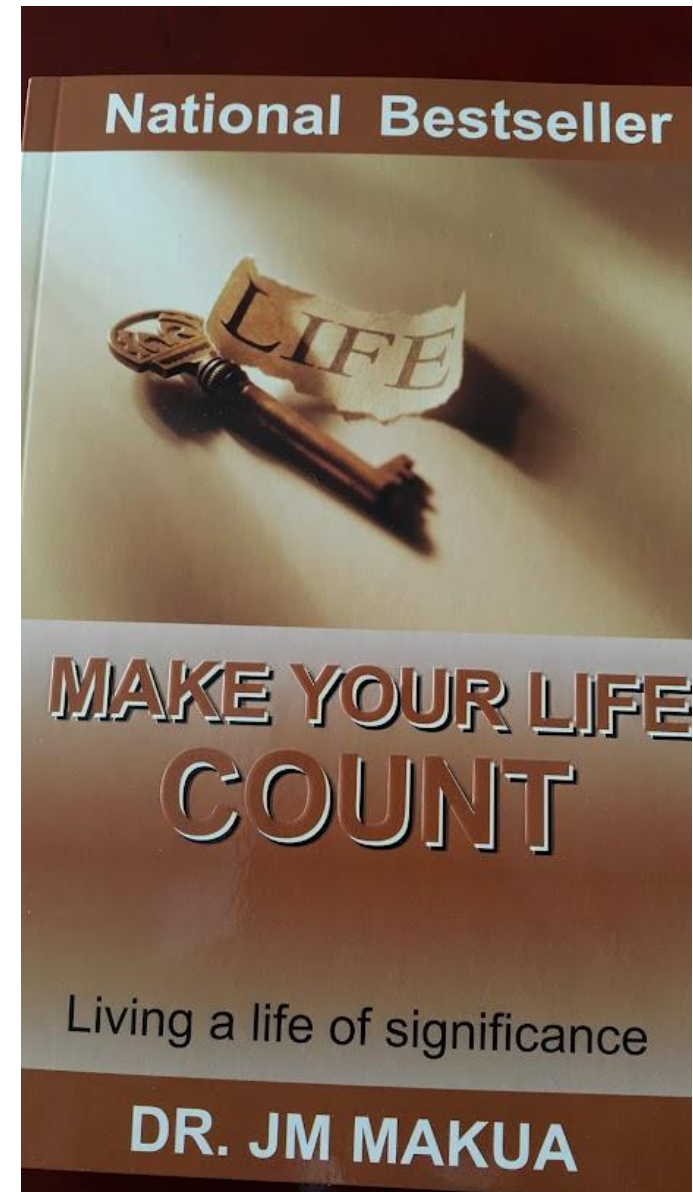
No one owes you anything

No one has your back

Build an inner circle of friends

Trust God.....

*Our Titles to
date:*



Coming
Soon





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THANK YOU

