



Fostering Resilience for Loss and Irrelevance

Eric Kreuter

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The compensating construct of resiliency, itself, has not been compared to the problem of loss of relevancy. Therefore, there is an open corridor for the enlightened therapist, career coach, or mentor to appropriately guide a troubled person with targeted challenges to transform themselves into a newly thriving being. This book explores the topic in detail with references to the literature where prior theory can be applied to advance this topic further. Anecdotal evidence supporting the authors' perspective is presented, including several brief case studies of individuals who have thrived following cessation of their prior careers.

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