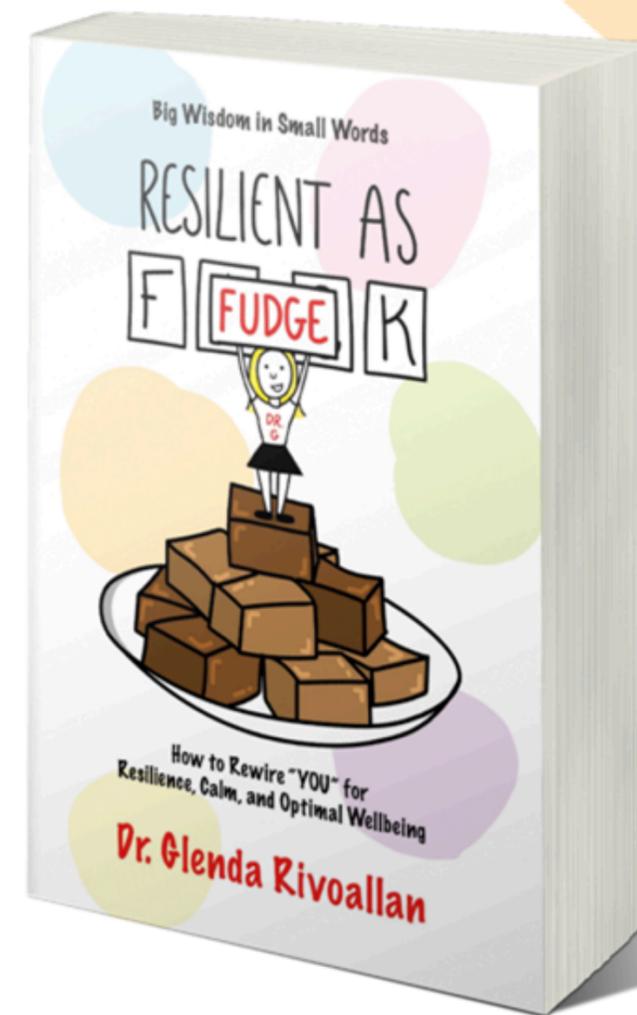




RESILIENT AS

F FUDGE K

WHAT PEOPLE ARE SAYING



THE WISDOM BEHIND THE BOOK



'LIKE FUDGE, BECOMING RESILIENT IS TRIAL
AND ERROR, LEARNING FROM MISTAKES AND FIGURING
OUT THE PERFECT RECIPE'

- Dr Glenda Rivoallan

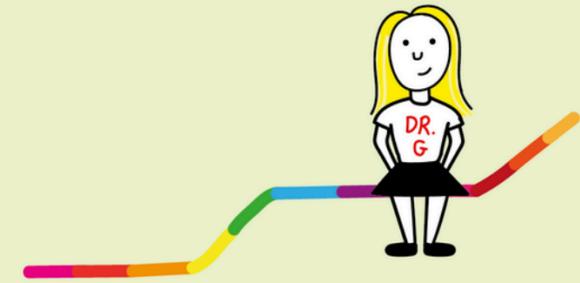


MONTH ONE

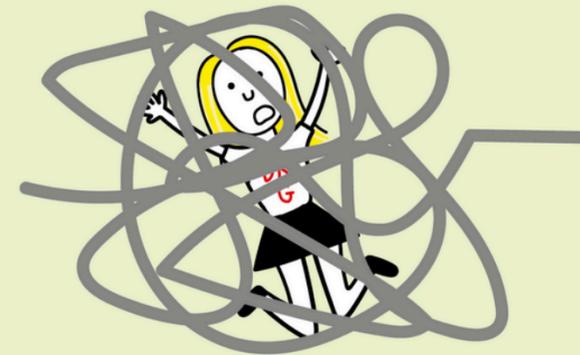
THE GRAND ILLUSION

Accept the life you have, not the life you want.

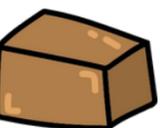
DREAM LIFE



REAL LIFE



Go Lily Burnham

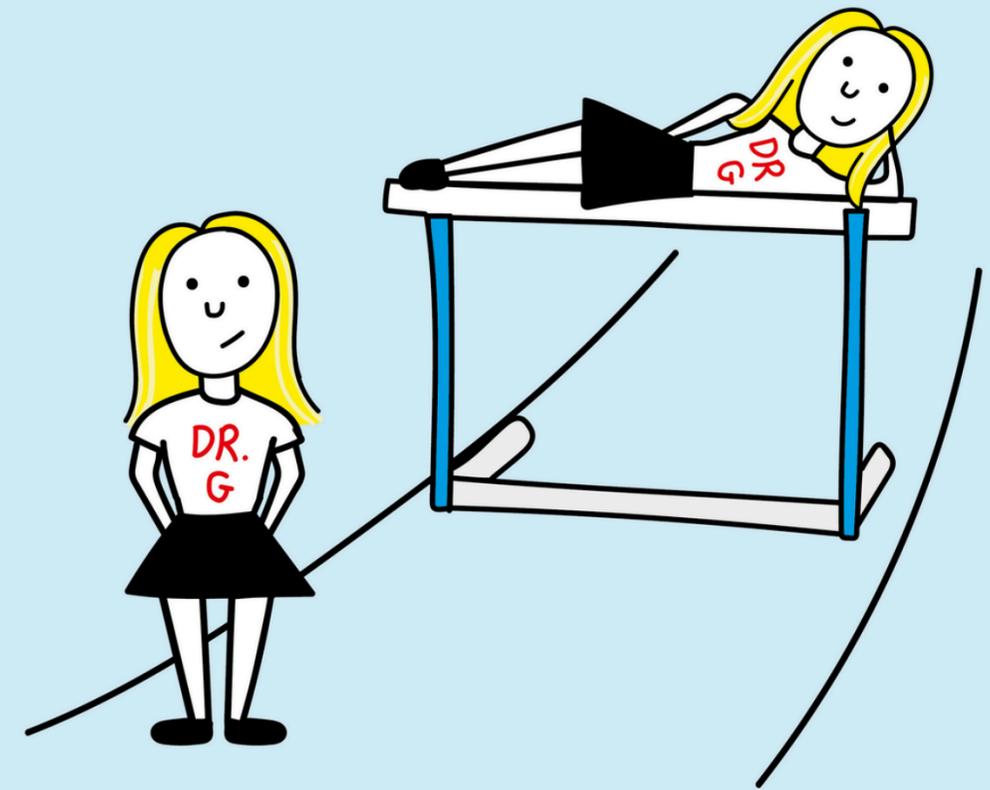


MONTH SIX

YOUR BIGGEST HURDLE

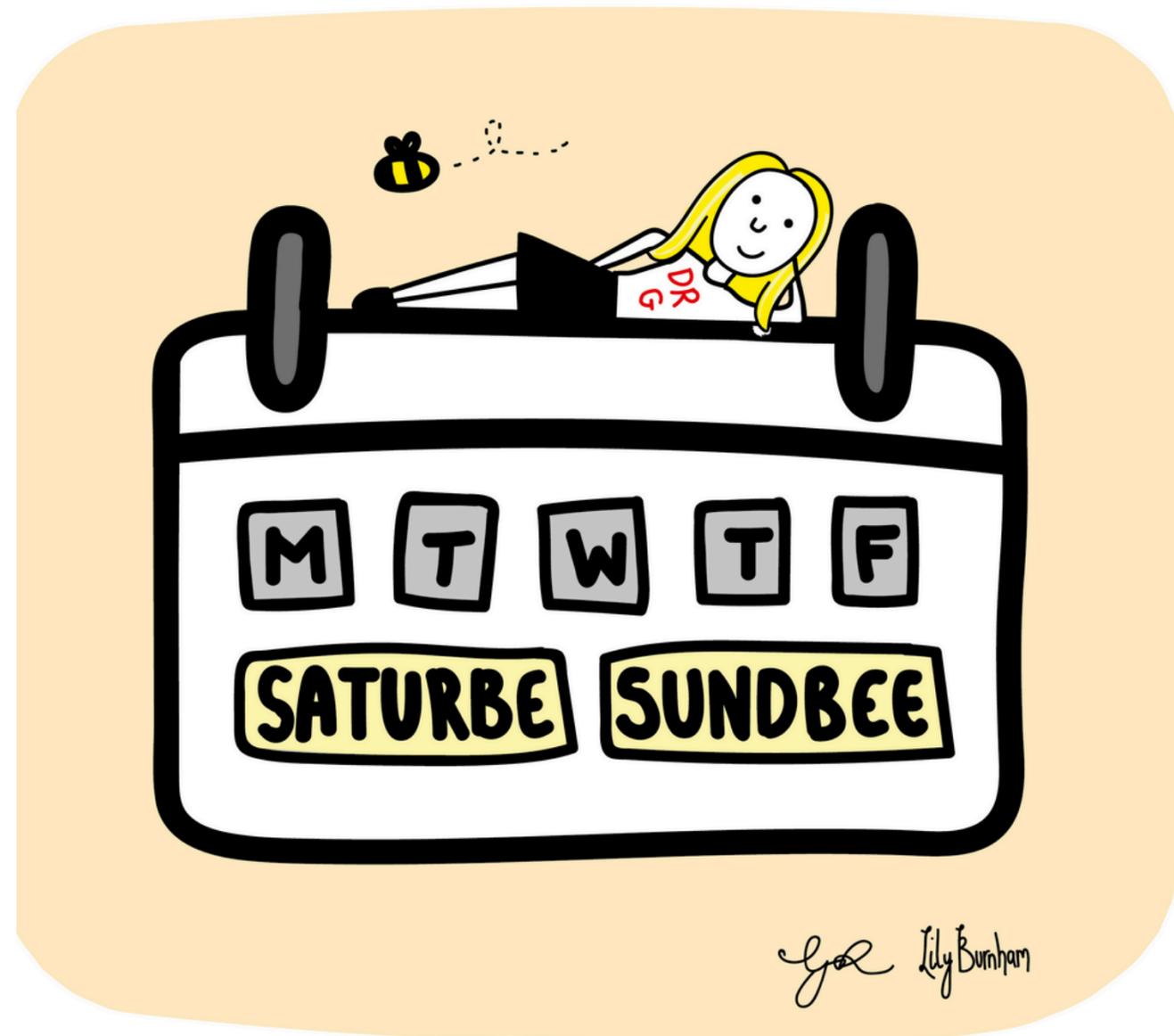
When YOU get out of YOUR way, be prepared for awesomeness.

YOUR BIGGEST HURDLE...



g Lily Burnham





MONTH ELEVEN

THE COMPASSION CALENDAR

No one should control your diary but YOU, so make it considerate to YOU.



'I HOPE YOU ENJOY PRESSING
THE BUTTON ON YOUR OWN
FACTORY RESET'

- Dr Glenda Rivoallan





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THANK YOU

RESILIENT AS

F FUDGE K

