

The Resilient Life

BY DR. SUSAN BIALI HAAS

DR. SUSAN BIALI HAAS, M.D.



THE
**RESILIENT
LIFE**

.....
Manage Stress, Prevent Burnout,
& Strengthen Your
Mental *and* Physical Health

PRESS KIT

The Resilient Life

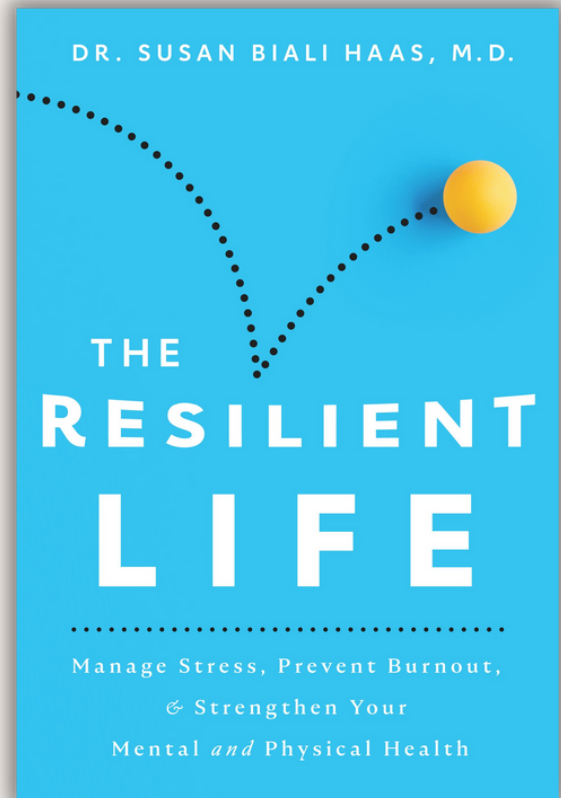
From award-winning medical doctor and health and wellness expert Dr. Susan Biali Haas, comes a deeply empowering book about breaking the cycle of overwhelm and living with more resilience.

The world is experiencing unprecedented levels of burnout, stress, and mental health challenges, bringing poorer health, chronic exhaustion, strained relationships. You're so tired of being stressed and tired, but how can you tell the difference between run-of-the-mill stress, and serious mental health issues like depression or anxiety? And what can you do about it?

Susan Biali Haas, M.D., has lived through burnout, depression, anxiety, and trauma over the course of a demanding life and career. Throughout the pages of *The Resilient Life*, she imparts wisdom on:

- How to identify, address, and protect yourself from burnout
- Simple strategies, tools, and tips to help you reduce stress, fortify your mental health, and increase your available energy for work and life
- Easy neuroscience-based techniques that can “rewire” your brain, and help restore your sense of calm and control
- How to reconnect with and make time for what matters most, allowing you to reclaim meaning, purpose, and passion in your life
- Real-life, evidence-based strategies for resilience that go beyond the usual superficial self-help advice

...and much more. Get ready to get unstuck and move forward with renewed clarity, energy, well-being, and purpose.



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Quick Facts

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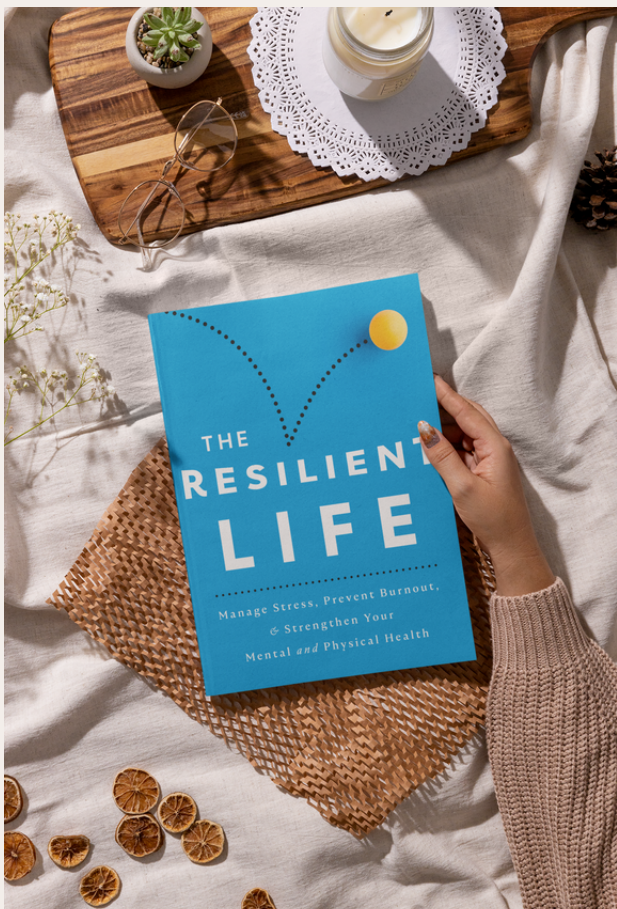
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Press Release

Forthcoming Motivational Self-Help Book Provides Practical Wisdom to Combat Stress, Burnout, and COVID-19

NEW YORK, NY — **The Resilient Life**, the second inspirational book from Dr. Susan Biali Haas that helps to identify stress and restore a sense of control, will be published by Beaufort Books on October 25th, 2022.

The world is experiencing unprecedented levels of burnout, stress, and mental health challenges. This comes with the inevitable fallout: poorer health, chronic exhaustion, strained relationships, and decreased satisfaction and performance at work. You're so tired of being stressed and tired, but how can you tell the difference between run-of-the-mill stress, burnout, and serious mental health issues like depression or anxiety? And what can you do about it? Throughout the pages of **The Resilient Life**, you'll learn how to identify, address, and protect yourself from burnout; easy neuroscience-based techniques that can "rewire" your brain, reduce stress hormones, decrease anxiety, and help restore your sense of calm and control; and how to reconnect with and make time for what matters most, allowing you to reclaim meaning, purpose, and passion in your life.

Filled with easy-to-apply tips, straight-talking advice, practical wisdom, and stories from Dr. Susan Biali Haas's life (and the lives of her clients), *The Resilient Life* can truly help you to finally break free from overwhelm, get unstuck, and move forward with renewed clarity, energy, well-being, and purpose.

Susan Biali Haas, M.D., is a medical doctor and executive coach. In addition to her first book, she has a popular blog called "Psychology Today". **The Resilient Life** is her second book.

Beaufort Books is an independent publisher based in New York City. Beaufort publishes a mix of non-fiction and fiction titles, with about 15–20 new titles each year. Since 2007, we've published four New York Times bestsellers.

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For more information, to receive a review copy, or to arrange an interview with Dr. Susan Biali Haas, please contact Emma St. John at emma@beaufortbooks.com.



Biography

Susan Biali Haas, M.D., is a medical doctor and executive coach, internationally recognized for her expertise in mental health, stress management, burnout prevention and resilience. She has provided education on these topics to a wide range of organizations including the United States Navy, Google, McKinsey & Company, Deloitte and MIT. In addition to her twenty years of primary care experience, she also coaches a broad range of clients — from senior executives to physicians and other health professionals — to take control of their mental and physical well-being.

Previous Work

- *Live a Life You Love*

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Format: Paperback & ebook

- **Kenford Nedd, M.D.**

PRESIDENT, INTERNATIONAL STRESS CONTROL CENTER; AUTHOR OF **POWER OVER STRESS**

"Warm, inviting and personal, **LIVE A LIFE YOU LOVE** will inspire you to succeed and gives you the tools to get you to where you want to be."

Her popular *Psychology Today* blog has over 10 million views, and her opinions have been featured in media such as the Today Show, BBC World Service Radio, Forbes, Oprah.com and others.

Dr. Biali Haas overcame burnout and depression at the beginning of her medical career, quickly becoming an internationally recognized influencer in health and well-being. With over two decades spent studying wellness and resiliency, twenty years of clinical experience with thousands of patients, and more than ten years coaching high performance clients worldwide, she expertly applies her experience and skills to equip people to live better lives.

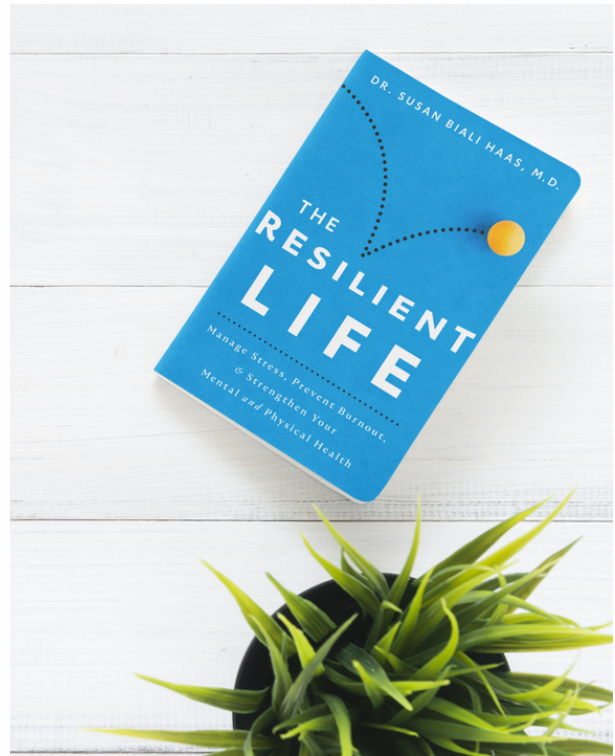
Excerpt

For most of my medical career, I worked as a primary care physician in urban walk-in clinics. Many of the patients would come to the clinic because their doctor was away, or because they couldn't get in to see them soon enough. Sometimes their words or faces revealed discouragement or hopelessness with their situation. Because of a diagnosis, or multiple diagnoses, they had resigned themselves to years of decline. I seized any opportunity I could to give them (evidence-based) hope. I loved seeing someone's face brighten with possibility.

Some people I met feared that they'd never be free of anxiety. They assumed they'd need lifelong medication, as that was the treatment they'd been given. Many patients with type 2 diabetes felt the same way. They dreaded awful, inevitable complications. They'd never heard that it was possible to reverse diabetes. Of course, potential reversibility doesn't mean that every single patient can be cured or will be free of symptoms or medication. Not every disease or every case is reversible. It can depend on the person's unique circumstances and the severity of their condition. Still, I wanted patients to at least consider that positive change might be possible. In many cases, the scientific evidence says so.

"In addition to helping us navigate life's great challenges, disappointments, and crises, resilience helps us rise above it all, flourishing and living with more meaning and joy."

I've been studying and learning about the human body since I was a teenager. In ever-broadening areas of medicine, anatomy, and physiology, we've been discovering that our bodies (and brains) are capable of incredible change and healing. I'm more excited about these discoveries than probably any other aspect of medical research. We have proof of slowing and even reversing some of our most common diseases, and we have documented changes that scientists and doctors had once thought impossible.



Praise for *Live a Life You Love*

■ **Eva Selhub, M.D.**

HARVARD MEDICAL SCHOOL,
AUTHOR OF *THE LOVE RESPONSE*

"**LIVE A LIFE YOU LOVE** inspires and motivates us to discover the healthy and happy life we all long for. Easy to read and filled with practical steps. A must read!"

■ **Susan Jeffers, Ph.D.**

AUTHOR OF *FEEL THE FEAR...AND DO IT ANYWAY*

"**LIVE A LIFE YOU LOVE** will help you to reclaim your life on all levels...body, mind, and soul. I love this book!"