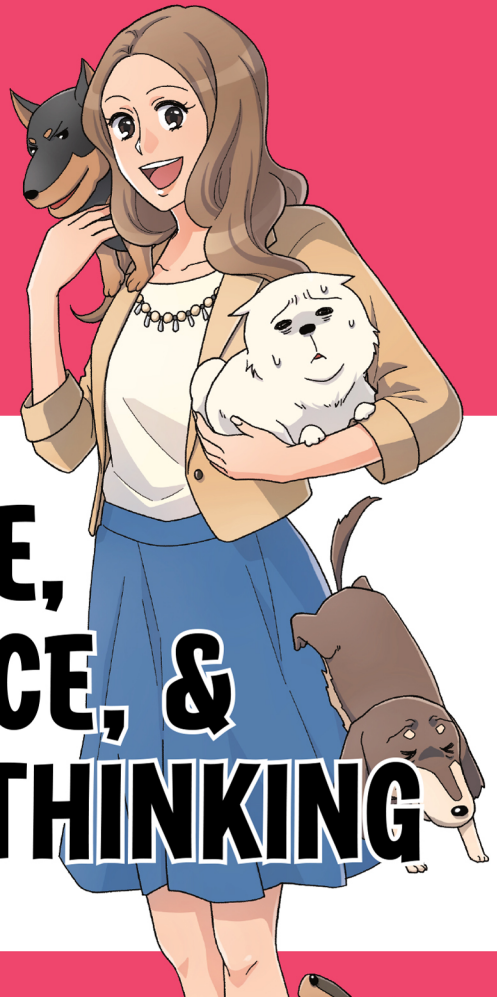


KOJI KUZE



RESILIENCE, CONFIDENCE, & POSITIVE THINKING

CREATE A STRESS-RESISTANT, STRONG MIND & HEART

**MANAGE NEGATIVE EMOTIONS
AND DISAPPOINTMENTS**

GET THE SOCIAL SUPPORT YOU NEED

**RESTORE YOUR SELF-CONFIDENCE
AND USE YOUR STRENGTH!**





RESILIENCE, CONFIDENCE, & POSITIVE THINKING

AUTHOR
KOJI KUZE

SCENARIO CREATION
YOKO MATSUO

ARTWORK
KOROMO ASATO



WILEY

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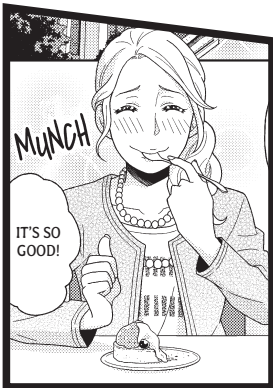
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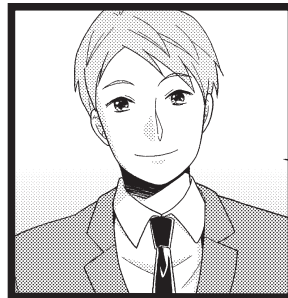
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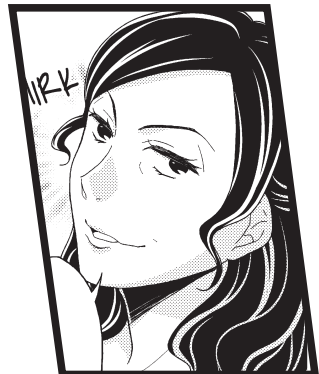
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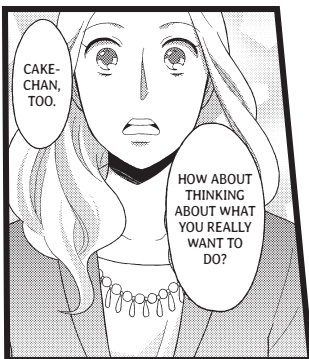
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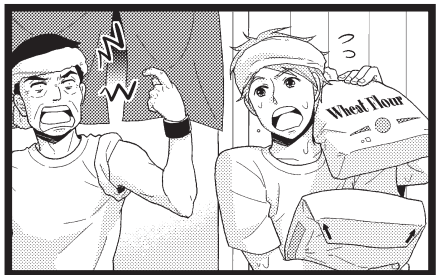
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Preface

Do you know the term *resilience*? Resilience, in this stress-filled modern society, is used to describe the ability to recover mentally or psychologically.

Companies and schools overseas have been teaching how to increase resilience. Even within Japan, television shows have covered it. Resilience has garnered some attention as a precautionary measure for mental health and as a psychological strength to take on challenges without fearing failure.

In this book, I will be breaking down the basics of resilience. Specifically, I will be presenting techniques on how to make your heart stronger.

A sturdy and tough heart means a muscular heart. However, this doesn't mean it's a heart that's frozen solid or stubborn. It's a heart that has the ability to adapt. Such a heart can tolerate stress, have the elasticity to not feel hurt from upsetting things others say, and have the flexibility to respond to sudden problems.

That kind of heart will not feel down for long; it is able to recover quickly. By strengthening your heart, you are able to build resilience. Not fearing failure or taking on challenges, persevering, and not giving up until the end are also traits of a heart with high resilience.

Resilience will become the base of your success at work and life. It may even be more important than your IQ, academic background, skills, and experience in business. In an era full of stress and changes, only those who are able to prioritize caring for not only their physical health but also their mental health are able to thrive at work. And only those who are tenacious are able to succeed.

You may wonder how I became interested in resilience. Years ago, I found myself in a toxic work relationship that I struggled to manage. I was dragged into an unforeseen issue and desperately worked to solve it. However, I was unable to make much progress and lost all hope.

Being unable to meet the expectations of my superiors and those around me, I agonized all by myself, and almost lost my motivation. Feeling a sense of urgency, I searched in anguish to find a solution to retrieve my original self. And that's where I encountered resilience.

Resilience is something we all originally have; it is the source of our psychological well-being. We may find our resilience weakened over time, but we are able to regenerate it with focused effort.

I was personally able to take back my weakened resilience and as a result was able to use my adversity as nourishment for my self-growth.

The change I noticed right away was that my efficiency at work more than doubled. It really made me think about how much time I had wasted over useless worries.

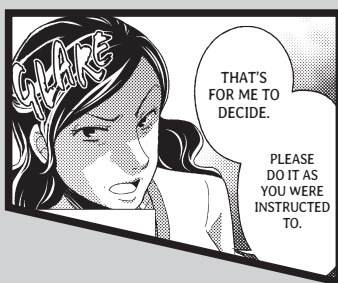
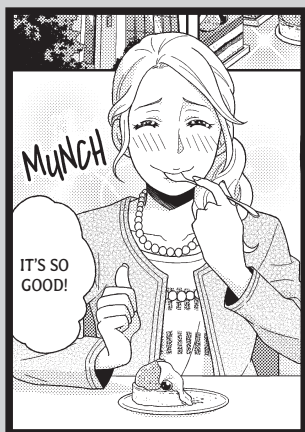
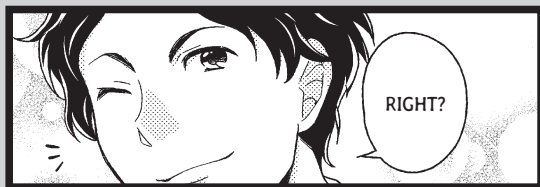
I am now able to accept my failures. Even if I fail, I now have the confidence to stand right back up again. I have been able to try things I thought were impossible, not give up, and do what I really want to do.

Thank you to everyone who has taken this book into their hands. I hope it becomes the spark for you to take a step forward and to secure a chance for better opportunities at work and in life.

Koji Kuze

Prologue

Resilience Is . . .



Story 1
Why Aren't Things
Going Well?!

SUTO!

YES!

I'M
REISA
SUTO,
AGE 27.

I JUST
CHANGED JOBS
AND WORK AT
AN ADVERTISING
AGENCY NOW.
EVERY DAY IS
REALLY HECTIC.

YOU DIDN'T DO
THIS PROPOSAL
THE WAY YOU
WERE TOLD TO.

I THOUGHT
IT WOULD
BE BETTER
THIS WAY...

SHAKE

THAT'S
FOR ME TO
DECIDE.

PLEASE
DO IT AS
YOU WERE
INSTRUCTED
TO.

SUPERIOR
SAITO SACHIKO (38)

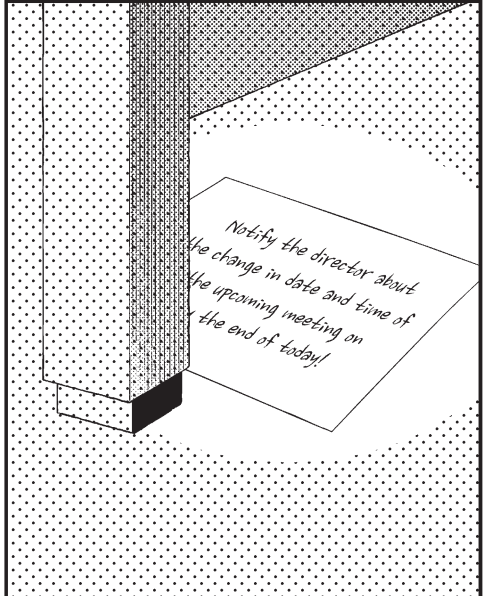
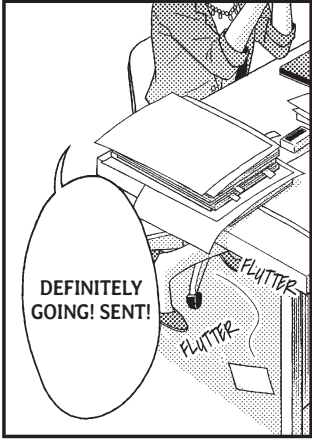
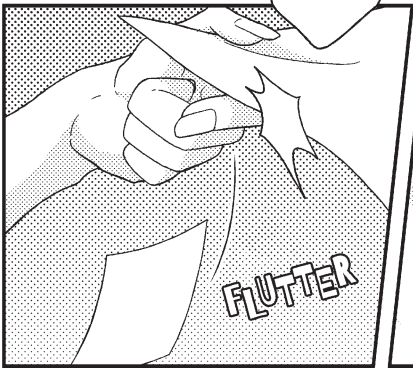
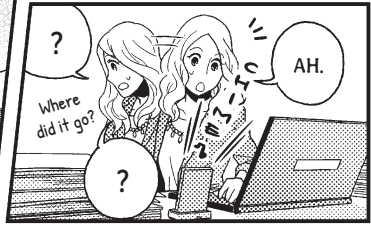
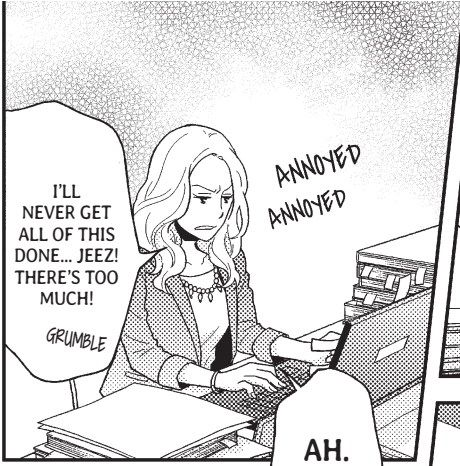
UNDER-
STOOD.

SUTO!
I NEED YOU
TO DO THIS
FOR ME.

YES,
RIGHT
AWAY!

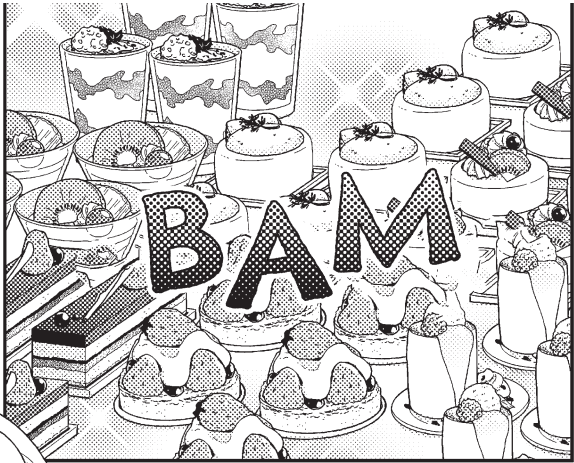
SMACK

THIS
COMES
FIRST!





THE WEEKEND AT A CERTAIN HOTEL.



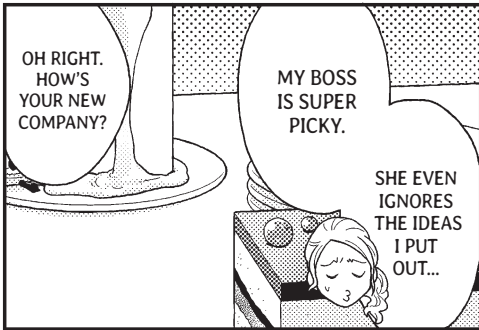
MUNCH

IT'S SO GOOD!



HOW... ARE YOU ABLE TO EAT SO MUCH?

WELL, THIS IS HOW I RELIEVE STRESS!



OH RIGHT. HOW'S YOUR NEW COMPANY?

MY BOSS IS SUPER PICKY.

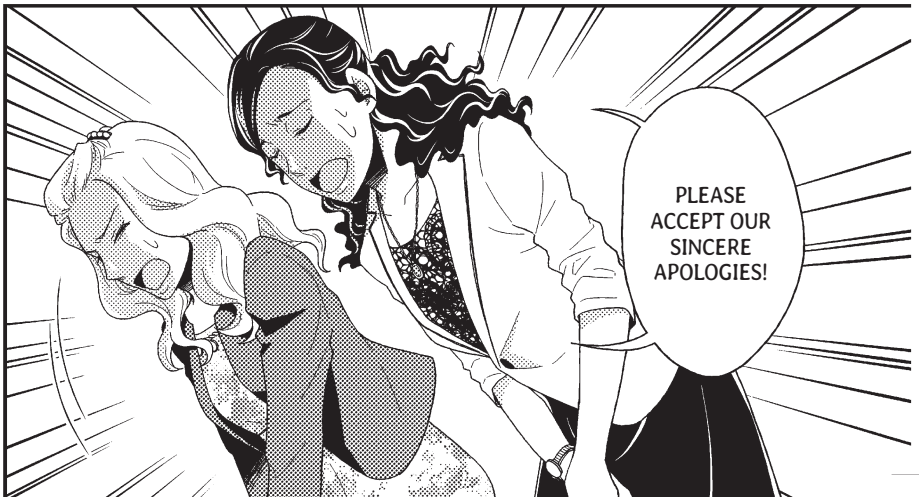
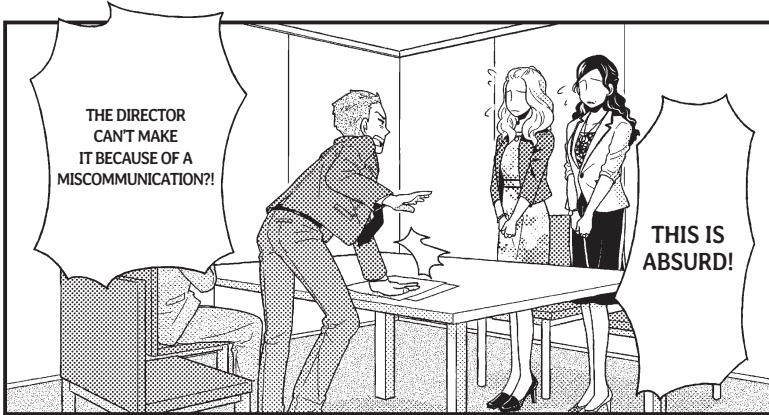
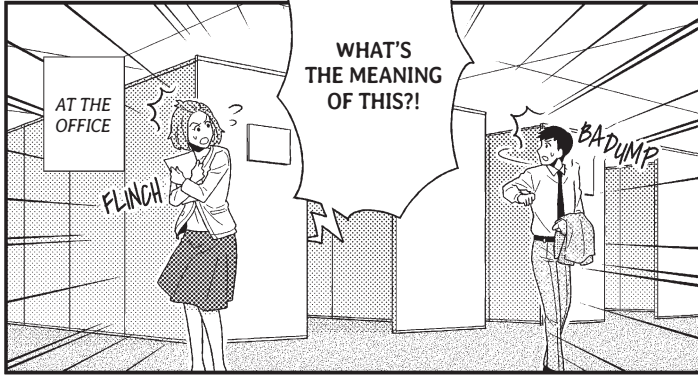
SHE EVEN IGNORES THE IDEAS I PUT OUT...



AH JEEZ! LET'S JUST EAT!

CHATTER CHATTER
WHAT SHALL I TRY NEXT...?

A FEW
DAYS
LATER...





WHAT A WASTE OF TIME!

WE REARRANGED OUR BUSY SCHEDULES TO COME HERE!!

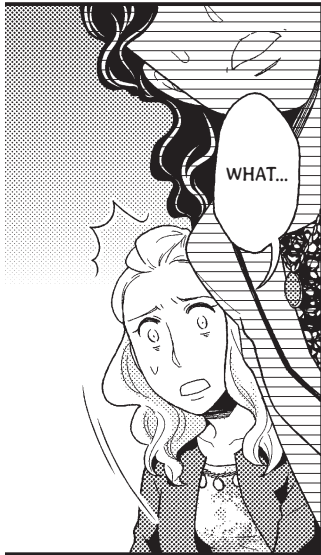


IF THIS IS THE TYPE OF RECEPTION WE'LL RECEIVE...

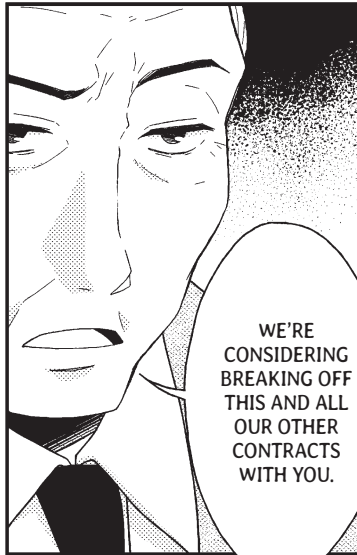
...I'M NOT SURE IF WE CAN WORK WITH YOUR COMPANY FROM HERE ON.



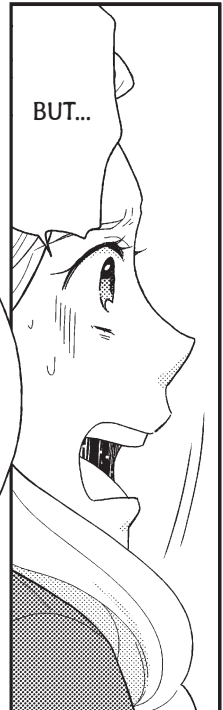
WE ARE DEEPLY SORRY...



WHAT...



WE'RE CONSIDERING BREAKING OFF THIS AND ALL OUR OTHER CONTRACTS WITH YOU.



BUT...

