



# “Elastic Minds”: Case Studies in Mental Resilience and Agility

*Renowned Author, Educator & Philanthropist Releases Latest Book*

COSTA MESA, CA, UNITED STATES, January 8, 2018 /EINPresswire.com/ -- “Elastic Minds”: Case Studies in Mental Resilience and Agility  
Renowned Author, Educator & Philanthropist Releases Latest Book

Costa Mesa, CA: “Dr. Dave” Cornelius long-ago established his reputation as a pioneer of modern thought. With a doctorate in Management, his business principles and strategies are validated in the recently released anthology, *Elastic Minds: What Are You Thinking?* These stories of successful students, artists, entrepreneurs, senior managers and professionals are equally intrinsic to the successes and satisfaction in the personal lives (even poker careers) of his ever-growing audience.

Therein lies the genius and simplicity of this, “handbook for fulfillment” through strategic thought. The human mind is complicated, as are its psychology and philosophies. So too are our varied individual circumstances, dreams and goals ... in education, business, artistic expression or social interactions. Despite the complexities of life, the common and underlying thread is that each article is just another example of resilience over resistance, agility over adversity ....

The essence of the message throughout is: The disparate challenges faced by a 5th grade math student, a single parent starting an online business from home or a hedge fund manager of million-dollar portfolios can all be resolved from the very same fundamental grasp of a common perspective on resilience.

Rather than be intimidated by the inevitable challenges of life, the arbitrary and often unfair situations created by life circumstances, this book is a primer on how to overcome and take control of obstacles to your objectives through innovation, creativity and mental agility.

As one recent newcomer to the world of “Dr. Dave” has commented, “I have already read and re-read this book three times in one week. After 32 years of experience in my profession, I thought I’d learned a lot – knew it all. But I never learned how to think, only to react. I now feel as if my mind is operating at twice its previous capacity and that I am in control!”\_\_The strategic thought and methodology taught by “Dr. Dave” are also provided through educational outreach programs in local schools and Boys & Girls Club of Central Orange Coast through the 5 Saturdays program and his “KnolShare with Dr. Dave” podcasts on [www.GrokShare.com](http://www.GrokShare.com), also found on iTunes and Google Play Additional links to this book, additional projects and biographical information are:

<http://www.ElasticMindsbook.com>

<https://5Saturdays.org>

<http://www.Dave-Cornelius.com>

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