

Angela R. Strong Introduces Calibrated Resilience™, a Perfect Gift for Thriving Under Pressure this Holiday Season

This Holiday Read Offers Tailored Strategies to Thrive and Triumph Amid Stress and Setbacks

TOWNSEND, DE, UNITED STATES, December 19, 2024 /EINPresswire.com/ -- Renowned resilience expert [Angela R. Strong](#) launches her transformative book, "Calibrated Resilience™: Building Your Custom Blueprint for Thriving Under Pressure," just in time for the holidays. The book provides a groundbreaking, personalized approach to resilience, helping readers build mental strength to face whatever life brings with confidence and clarity.

Now available, "Calibrated Resilience™" empowers individuals to navigate life's pressures with purpose, precision and strength. From managing stress to bouncing forward after setbacks, Strong's innovative framework equips readers to thrive personally and professionally. Drawing on her service in the U.S. Coast Guard and personal transformation journey, she blends evidence-based strategies with real-world applications to help readers develop enduring resilience.

"Resilience isn't one-size-fits-all," says Angela R. Strong. "It's about discovering your unique strengths and leveraging them to grow, adapt, and thrive. This book gives readers the tools to create a personalized blueprint to emerge from setbacks stronger every time."

The book provides actionable strategies for professionals, leaders, and individuals at pivotal life transitions, addressing stress management, fostering growth mindsets, and aligning personal actions with core values. Readers discover their personal resilience profile, learn when and how to apply coping strategies and build adaptive responses when curveballs are thrown their way. To complement the book, the "Calibrated Resilience™ Workbook" provides hands-on exercises



Calibrated Resilience™

and worksheets for deeper application.

Perfect for gift-giving, "Calibrated Resilience™" inspires a fresh start for the New Year, encouraging readers to embrace empowerment and growth. Whether for loved ones facing career pressure, navigating life transitions or simply looking to optimize their performance under stress, this book offers essential guidance for a thriving future. To begin a journey to personalized resilience, visit www.calibratedresilience.com.

About Angela R. Strong

Angela R. Strong is a former U.S. Army Reserves and U.S. Coast Guard service member, entrepreneur, resilience architect, transformation strategist and the acclaimed author of *Empowered Edge: Transforming Pain into Purpose*. She is the visionary behind the Calibrated Living Network, the first of its kind, 24/7 community offering free resources to support individuals on their journey toward a conquered life. Available as an app, this platform fosters connection and empowerment, providing tools and strategies that address mental health challenges in a personalized way. While there is a subscription-based service for those seeking extended support, the primary focus is on ensuring that everyone has access to invaluable resources at no cost. As a sought-after speaker and trainer, Strong helps individuals, leaders, and organizations develop the resilience they need to thrive under pressure. Through her books and programs, she is helping people across the world transform challenges into opportunities and create lasting change in their personal and professional lives.



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