

Nana Ankofuah Mintah-Afful Empowers Readers to Build Lasting Resilience in The Strength to Keep Going

Now available on Amazon Kindle with a 5.0-star rating, this compassionate guide helps readers navigate difficult seasons with clarity and resilience.

LONDON, UNITED KINGDOM, August 15, 2026 /EINPresswire.com/ -- Nana Ankofuah Mintah-Afful offers readers a practical and encouraging approach to overcoming life's difficult seasons in *The Strength to Keep Going: How to Navigate Difficult Seasons and Build Lasting Resilience*. Now available as a [Kindle edition on Amazon](#), the book provides accessible strategies for managing emotions, establishing healthy boundaries, adapting to change, rebuilding self-trust, and continuing forward when life feels overwhelming.

“

You do not need strength for your entire life today. You only need enough strength for the next moment. And then, when that moment has passed, enough for the one after it.”

Nana Ankofuah Mintah-Afful

Rather than presenting resilience as constant confidence, emotional invulnerability, or forced positivity, Mintah-Afful

reframes it as a skill that can be understood, practised, and strengthened over time. The book acknowledges that strong people still experience exhaustion, uncertainty, disappointment, fear, and moments when they do not know what to do next.

Through nineteen chapters and a concluding reflection, *The Strength to Keep Going* combines compassionate guidance with practical frameworks, reflective questions, and manageable exercises. Its central message is that readers do not need enough strength to solve their entire lives at once. Sometimes, resilience begins with finding the capacity to take one meaningful step.

The book begins by challenging common misconceptions about strength. It reminds readers that struggling does not mean failing, asking for help is not weakness, and rest is not the opposite of progress. Instead, resilience involves recognising reality, understanding one's emotional responses, adapting where possible, and making thoughtful choices even when circumstances remain difficult.

Mintah-Afful also recognises that personal distress does not always originate within the individual. An unhealthy workplace, relationship, school, family dynamic, or living environment may genuinely contribute to emotional strain. To help readers respond constructively, the book introduces a control-circle framework that separates what can be controlled, what may be influenced, and what must be released.

This approach encourages readers to direct their energy toward their actions, boundaries, attention, communication, and personal care instead of becoming consumed by other people's behaviour, past events, or uncertain future outcomes.

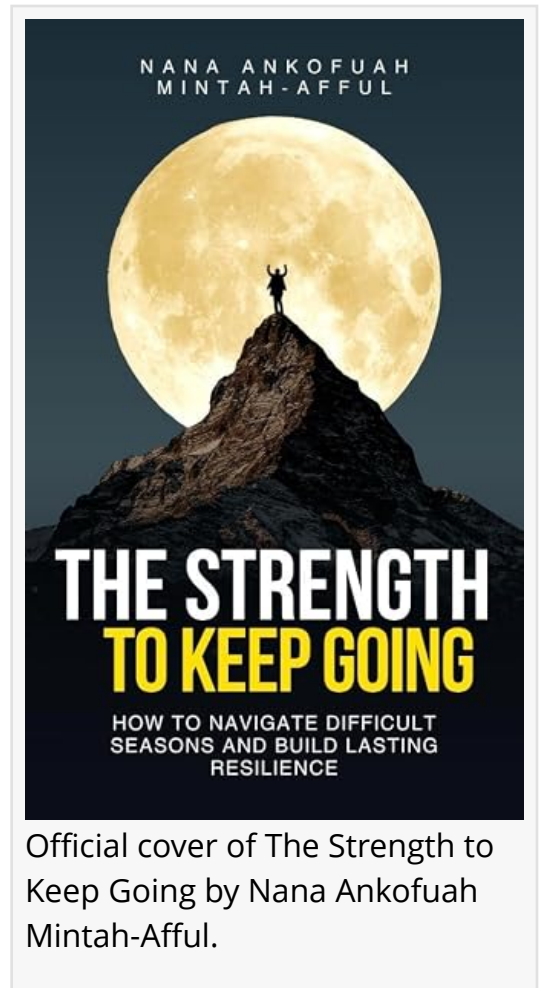
Emotional regulation is explored through the book's PAUSE method: pause, acknowledge, understand, separate, and evaluate. The framework helps readers slow down before reacting, recognise the emotion beneath their immediate response, separate facts from assumptions, and choose an action they are more likely to respect later.

Healthy boundaries form another important part of the book. Mintah-Afful explains that boundaries are not punishments or attempts to control other people. They are decisions about what a person will accept, what they need to protect, and how they will respond when a limit is crossed. Readers are encouraged to identify situations that repeatedly drain their energy and understand that the temporary discomfort of establishing a boundary does not mean the decision is wrong.

For those feeling overwhelmed by the future, *The Strength to Keep Going* replaces the pressure of discovering one perfect solution with the more realistic practice of identifying the next manageable step. Readers are invited to define the actual problem, determine which part can be addressed, select one practical action, and identify someone who may be able to provide support.

The book also challenges the belief that resilient people must manage every burden alone. It encourages readers to develop a varied support circle that may include trusted listeners, encouragers, mentors, problem-solvers, relatives, colleagues, teachers, or qualified professionals. Connection is presented as an essential part of resilience, particularly for people accustomed to remaining strong and dependable for everyone around them.

Later chapters address overthinking, uncertainty, interrupted plans, comparison with other people's timelines, changing relationships, exhaustion, and the process of letting go without



Official cover of *The Strength to Keep Going* by Nana Ankofuah Mintah-Afful.

losing oneself. Mintah-Afful also explores how readers can rebuild self-trust by keeping small promises to themselves, reconsidering outdated goals, and becoming more intentional about which voices influence their decisions.

Readers are encouraged to find meaning in difficult experiences without pretending those experiences were good, deserved, or necessary. The book distinguishes meaning from justification and invites readers to retain valuable lessons while releasing shame, fear, self-blame, and limiting stories that prevent them from moving forward.

Its concluding chapters bring these lessons together through resilience principles and reflective questions that readers can revisit whenever life becomes challenging again. The book does not promise a future without hardship. Instead, it shows how people can become more emotionally aware, adaptable, supported, and confident in their ability to respond.

Currently holding a 5.0-star rating on Amazon, *The Strength to Keep Going* offers an encouraging resource for readers experiencing stress, setbacks, burnout, uncertainty, difficult decisions, changing circumstances, or a loss of confidence. Its calm and realistic approach makes personal development feel accessible without relying on unrealistic promises or pressure to remain positive at all times.

The Strength to Keep Going: How to Navigate Difficult Seasons and Build Lasting Resilience by Nana Ankofuah Mintah-Afful is now available as a Kindle edition on Amazon.

About the Author

Nana Ankofuah Mintah-Afful is the author of *The Strength to Keep Going*, a practical and reflective guide created to help readers navigate difficult seasons and develop lasting resilience. Through compassionate guidance, accessible frameworks, and thoughtful exercises, Mintah-Afful encourages readers to understand their emotions, protect their energy, seek meaningful support, rebuild self-trust, and continue moving forward one manageable step at a time.

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