



Shatterproof: 7 Powerful Principles to Rise Above Any Stress & Crisis

Conrad Drapeau

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SHATTERPROOF is a seven-step system that, like a GPS, guides you toward a new way of handling life's setbacks and crises. Learn how to manage fear, anger, uncertainty, worry, resentment and feelings of hopelessness and helplessness rather than let them shape your story.

In sharing the stories of everyday people who have made it through crisis unbroken, entrepreneur and philanthropist Conrad Drapeau—a survivor of both financial and personal crisis—creates a road map to help you shift your thinking, and refocus your mindset to face life's challenges with courage, confidence, and control.

The stories illustrate the Seven Coping Principles of SHATTERPROOF — providing lessons about how to navigate stressful situations quickly and calmly, and how to come out of them more powerful than before.

SHATTERPROOF shares five common traps that cause people to get stuck in negative situations and the fear of the unknown. The Seven Coping Principles provide a system to avoid these traps, so you can move forward once again.

Providing immediate, actionable steps to conquer stressful situations, and turn them into opportunities to become more than you were yesterday, SHATTERPROOF will help you take control and shape your future for the better.

Shatterproof: 7 Powerful Principles to Rise Above Any Stress & Crisis Details

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Debbie Crouch says

The printable workbook that probably would've upped the rating was 53 pages to print. Think he could've just added onto the back of the book.

Lori says

I was a goodreads giveaway winner of this book. Conrad Drapeau gives helpful advice on how to cope with a crisis situation. He offers seven steps to help a person to face and deal with a difficult, tragic, or crisis and how to deal with what is happening. He breaks it down to seven ways to help yourself deal with what may be going on in a person's life. To be aware and acknowledge, Accept and embrace, the worst case scenario, learn how to eliminate doubt and worry, learn how to take action, even try and find gratitude for the good things in your life and faith. All good tools in learning how to face a crisis in one's life. A good advice book. Think I could learn from this book.
