

Book Synopsis on
“The Resilient Spirit”
‘Heart Talk for Surviving in an Upside Down World’

by Eileen McDargh

(Synopsis by Gary Tomlinson)
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“How do you stay right side up in a world that seems upside down - a world that shrinks one minute in global consequences and expands the next with seemingly impossible demands. One minute we know all the answers. The next minute, the questions have changed. We all face the dilemma of living in a sped-up, broken apart, too-fast world.”

“Resiliency is what it takes to navigate this world of whitewater change. Resilience is finding reasons to keep on keeping on. It’s understanding that the word “no” does not mean “never”. It’s in knowing you can find another way, another day, another time. And it’s in believing you belong on this earth with gifts to give and nothing and nobody will stop you.”

Eileen McDargh has written this wonderful bedside/desktop companion to help us deal with those sticky work and life questions prompted by turbulence. *Women’s Edge* recently spoke to Eileen McDargh about *The Resilient Spirit*.

W.E.: *The Resilient Spirit* is a very inspirational book. What was your inspiration in writing it?

Eileen: I wrote this book when I was on retreat. I asked myself, “How can I craft something that says we’re more than what we see now?” I wanted to write a book that would give us hope. Each of us has great strength to overcome odds. We just need to be reminded at times. I hope others will consider this little book to be their “booster shot.”

W.E.: Your books are filled with great artwork. Tell us about the artwork in *The Resilient Spirit*.

Eileen: The illustrations are by Robin Garcia. She is a great artist. What makes this artwork so wonderful is that this will be the last artwork Robin does. She developed carpal tunnel and she can no longer hold a paint brush, or use a keyboard or any number of other things she used to do. What I love about her is that she could have retreated and said look what I no longer can do, look at how my life has changed for the worse.

Instead, she concentrated on what she has left and not what she has lost. Her life is full and her resilient spirit is an inspiration to me.

W.E.: What would you want our readers to take away from your book?

Eileen: Resiliency is more than bouncing back. I think when we bounce back we stay in the same place where we came from. I think resiliency is growing through so that you end up in a different place than where you came from. There are a lot of things that happen to us that are beyond our control. How we respond to those situations is in our control. For example, we can amend it, adapt it, avoid it or accept it. Think of a tough challenge you went through. At the time you might have felt there was no way you could get through it. But you did. That very strength and skill that got you through that situation is still with you.

We are extremely creative when it comes to worry. Part of being resilient is the understanding that you have to look at your situation from the position of what can I do about it. What's in my control? You know the questions: Why me? What if? How come? Where to? What now? The answers lie inside. Your spirit will know the truth when you hear it. You must find the wisdom and courage to act upon it.

Readers can order *The Resilient Spirit* from Eileen's website at www.eileenmcdargh.com. You can also contact her through her e-mail at McDargh@aol.com. Eileen said she would be happy to personalize any copy for *Women's Edge* readers.