

NEERJA BHATIA

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Neerja Bhatia has more than 15 years of experience in management, business development, marketing and organizational facilitation and training. Her training background includes, delivering programs on such topics as emotional intelligence, leadership, situational coaching, change management, and communication.

Neerja is known for creating a life-altering experience by helping individuals see through the not so obvious, the root cause of problems. Her keen sense of awareness provides clarity and focus for her clients. Her expertise is in providing simplified and experiential approach to problem dissolving.

What makes Neerja unique is her ongoing research and unbreakable belief in human greatness. She believes that once we begin to unleash our greatness, we become extraordinary. The unleashing is initiated through self awareness.

We are born impeccably astonishing, however, the restrictions and fears we adopt while growing makes us ordinary. We break free when we let go of the inherited fears.

Her clients have included Philips International, Boehringer Ingelheim, Schering Plough, Purdue, Zurich Re, Wolter Kluwer, Microsoft, Bridgeport Hospital, Selfcorp, Qwest and Phillip Morris.

Neerja's formal studies included Business Management from the University of Calgary and her passion includes studies of eco psychology and consciousness. She has also published Bliss is in Knowing the Self, a book on self awareness.

She publishes weekly articles for FacilitatorU, a virtual university for helping leaders, managers and facilitators world wide. Neerja lives in Stamford, Connecticut with her husband and her two children. She enjoys spending time with her family, reading, writing, cooking and walking in the nature.

Unlocking the Power of your Natural Intelligence....



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The Art of Resilience
Unlocking the Power of Your Natural Intelligence

"Refreshing with full of practical easy to apply tools to live life fully"

- *John Seeley, Bestselling Author- Get Unstuck! The Simple Guide to Restart Your Life*

"Neerja provides a lens on the subject of human resilience that is both accessible (easy to absorb) and interconnected (linked to work in related fields). The combination creates an informative, compelling look on this critically important subject."

- *Daryl Conner, Chairman, Conner Partners and Author of 'Managing at the Speed of Light'*

"This inspiring book calls us to use our fear and resistance as fuel for finding greater clarity in our lives. Practical, well written, and timely, the "Art of Resilience" is a joy to behold!"

- *Darin J. Harris, Facilitator & Consultant, Madison, WI*

Neerja's book on "The Art of Resilience" is a wonderful tool for helping anyone to better understand how to deal with the emotional side of life. It offers a step-by-step guide to learning about your own personal demons, how to successfully confront those demons and use that knowledge to improve your personal and professional performance. This is a real personal 'change agent' that can apply to almost anyone who is interested in personal growth and professional success. Thanks Neerja for this valuable tool. It's a well thought out, compact work that goes down easy and helps you become more productive sooner.

- *Jim Northrup, Managing Partner, ClearSight Solutions*

"Caretaker of human spirit, NEERJA gives us The Art of Resilience', to live better, and more satisfied lives. Heeding her guidance restores our pathways and enables us to reclaim our own treasures."

- *Scott Gassman*

A thriving revelation to the contrary - survival of the fittest. "The Art of Resilience" shows what 'thinking different' can do to make our lives different.

- *Amar Gupta, Managing Editor, Siliconeer Magazine*

Neerja's writing style and subject matter cause me to feel 'very' alive, optimistic, and hopeful about life itself. Thanks, with much gratitude!

- *George Dumigan, Vice President, Sales & Marketing, New Haven Consulting Group, Inc.*

"This book not only carries the essence of peace it carries the seed for change."

- *Kathleen D. Mailer, Author of 'Leadership Wisdom From the Rock', Professional Speaker*

Unlocking the Power of your Natural Intelligence....



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Book Reference Section: Business/Psychology/Inspiration

Book Summary:

This book is about the art of resilience, the ability to recover quickly from setbacks. Resilience helps us to empower ourselves and others; enhance our ability to live fully; manage emotions; communicate effectively in challenging situations; expand personal influence; and increase our creativity.

The Art of Resilience is a practical guide to recover from setbacks through awareness, openness, optimism and courage. Resilience is about artfully combining the power of feelings, critical thinking, and the will to take significant actions for reaching great possibilities.

You will learn practical tools to:

- > Empower yourself and others
- > Enhance your ability to live fully
- > Manage emotions
- > Communicate effectively in challenging situations
- > Expand personal influence
- > Increase your creativity

We lost our resilience while growing up and have learned ways to mask our authenticity with the perception of who we think we are. The sum total quality of who we are is far greater than the perception we have of ourselves. It is not important how we lost our resilience, what is important is how to bring it back to full force.

Unlocking the Power of your Natural Intelligence....



The Art of Resilience

Unlocking the Power of Your Natural Intelligence

F A Q

1. What is the core message of the book?
2. Why do people resist change?
3. Is it possible to live a life without setbacks?
4. What is the secret to resilience?
5. How does one break through fears?
6. How can I remember to practice reframing?
7. What is natural intelligence?
8. How does one unlock the power of natural intelligence?
9. Who will benefit from this book?

Unlocking the Power of your Natural Intelligence....

