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El significado de resiliencia también es atribuido a la física, refiriéndose a la resistencia que tienen los metales al poder doblarse sin romperse y posteriormente volver a su forma original. Así que, en términos más simples, la resiliencia implica superar algo y salir fortalecido.

¿Qué es la Resiliencia? Significado, Tipos y Ejemplos - Mayneza

Concéntrate en lo que amas de ti; en nutrirlo, en fortalecerlo. Y trabaja en lo que no te gusta de ti, pero que afortunadamente, tienes el poder de cambiar. Y luego, aceptar y reconocer lo que no puedas cambiar -pero JAMÁS dejes que eso te defina. Libérate de todo, libérate de todo lo que no te suma y sólo te resta. John Wooden decía:

Las Mejores Reflexiones de Superación Personal y Autoestima - Mayneza

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