


Author Biography

Dr Glenda Rivoallan

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About the Author

Dr. Glenda Rivoallan is an entrepreneur, wellness expert, and learning junkie who is passionate about helping the maximum number of people live healthier lives. She has spent the last thirty years in the wellness industry, and is a straight-talking businesswoman and regular guest speaker on the radio and at conferences on all things wellbeing. This is her third book.

Book Synopsis

Like fudge, to be resilient is to have a balance of both firmness and softness. You know the recipe is right when you are thriving and living your best life.

Resilient As Fudge is suitable for anyone regardless of where they are in their life voyage. Designed as an all-in-one book, journal and self-development programme, Resilient As Fudge integrates its insights into your life, and is designed to help you:

- *Get to the gist quickly*
- *Use the images as a quick visual reference*
- *Practice each idea using a weekly Life Saver exercise*
- *Cut through much theory to give you big wisdom in minutes*

Join Dr. Glenda Rivoallan on a twelve-month voyage of self-discovery to help you build your own resilience blueprint, tool kit and resilience backpack. This book will help you to improve your wellbeing and happiness and, ultimately, be successful, whatever that looks like for you.

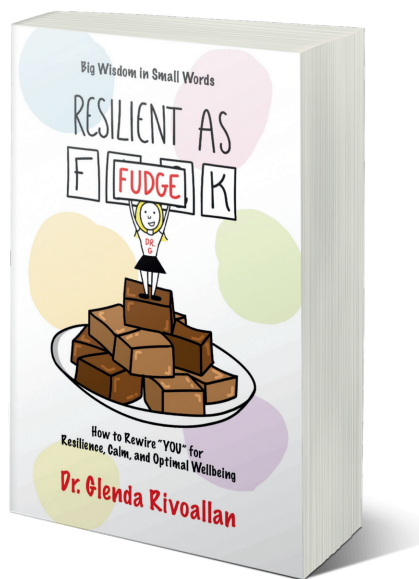
Advance Information Sheet

From Book Brilliance Publishing

Resilient as Fudge

How to Rewire “YOU” for Resilience, Calm, and Optimal Wellbeing

by Dr. Glenda Rivoallan



ISBN:
978-1-913770-73-0

Price: £19.95

Publication Date:
19th October 2023

Format: Paperback

Size: 198 x 129 x 14 mm
260 pages

Category:
Non-fiction; health & wellbeing; popular psychology; stress; emotions

Available from Gardners worldwide, on Amazon and all good bookshops globally as a paperback and eBook, and direct from the publisher.

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Key Sales Points:

- Illustrated and in full colour.
- Readers will go on a twelve-month journey of self-discovery, building on a different theme each month. The themes include: Zest, Vision, Values, and Self-Belief.
- Readers will learn something new each week to build their resilience backpack. At the end of each week is a Life Saver question (fifty-two in total), and a Reflection at the end of each month.
- Glenda is also the author of Mindfulness for Wellbeing (2018) and The Mindfulness Advantage in Entrepreneurship (2020).

“Readers will discover new strategies and insights that lead to a more resilient life and work culture. I highly recommend this book to anyone looking to elevate their resilience game.”

- Mr Jessie Pavelka, Founder of Pavelka Wellness



PRESS RELEASE – for immediate release

Dr Glenda Rivoallan

Fudge Is the New Superpower



“Fudge it!” is the new “F*** it!” In a world searching for answers to optimal wellbeing and happiness, Scottish author Dr. Glenda Rivoallan has the answer...

Dr. Glenda, who works within the health, fitness and wellbeing industry, discovered the sweet success of stress in improving your wellbeing, happiness and, ultimately, success.

Why fudge? Legend has it that fudge was invented in America on Valentine’s Day 1886, when a confectioner “fudged” a batch of French caramels. The delicious result: the very first batch of “fudge” ever.

One of the key ingredients to happiness and wellbeing is resilience. Just like fudge, becoming resilient is trial and error. Optimal wellbeing relies on resilience and learning from mistakes, to figure out the perfect recipe for individual wellbeing, happiness, and success.

With a mission to share this message, Dr. Glenda’s thirty years of experience and expertise have been documented in her latest book *Resilient As Fudge*, launching Thursday 19th October in London. She takes readers on a twelve-month voyage of self-discovery to help them build a resilience blueprint, tool kit and backpack.

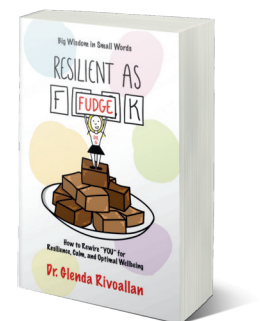
Resilience is vital to coping with modern-day living, and this fudge-like superpower must be revealed to the world. The implementation of *Resilient As Fudge* is simple and bite-size with weekly tasks, allowing readers to take responsibility for the development of their wellbeing and happiness.

What makes *Resilient As Fudge* stand out from other self-help books is that it has been designed as an all-in-one book, journal and self-development programme. Dr. Glenda believes that resilient people have their own unique recipe of toughness and softness, realism and optimism, rationality and emotionality, doing and being, which they learn throughout the book.

Now living in Jersey, Dr. Glenda says, “We all need a backpack of tools, techniques and habits to support us in navigating life’s terrain.”

Notes:

- *Resilient As Fudge* by Dr. Glenda Rivoallan, published by Book Brilliance Publishing, 19th October 2023, ISBN 978-1-913770-73-0, £19.95.
- Glenda is also the author of *Mindfulness for Wellbeing* (2018) and *The Mindfulness Advantage in Entrepreneurship* (2020).
- Glenda is available for interview: admin@bookbrilliancepublishing.com
- High-res images of the cover and the author are available from the publisher: admin@bookbrilliancepublishing.com



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