

ACE  
Church

lorify God by:

His Grace

His Bible

His Church

# The Myth of Resilience

How I found true strength in Jesus













“Australia is among the burnout capitals of the world. There are about four million of us who are working more than 45 hours a week, two million more than 50 hours a week, and a million more than 60 hours a week. There’s a huge segment of the population working really long hours, and it’s been completely normalised to the point where it doesn’t really raise an eyebrow” (Sally Rugg)



EDG  
Thinking for a

**Why** are we working so hard?

**What** is the solution?



# External forces AND Internal forces









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Bestselling Author of **THE JOY OF WORK**


**Bruce Daisley**

The book cover features a yellow background. At the top, it says "Bestselling Author of THE JOY OF WORK". Below that is the author's name "Bruce Daisley". The title "fortitude" is written in large, bold, red lowercase letters. Above the letter 'i' in "fortitude", there is a small black silhouette of a person walking on a tightrope. Below the title, it says "Unlocking the Secrets of Inner Strength". At the bottom, it says "Cornerstone Press".

**fortitude**

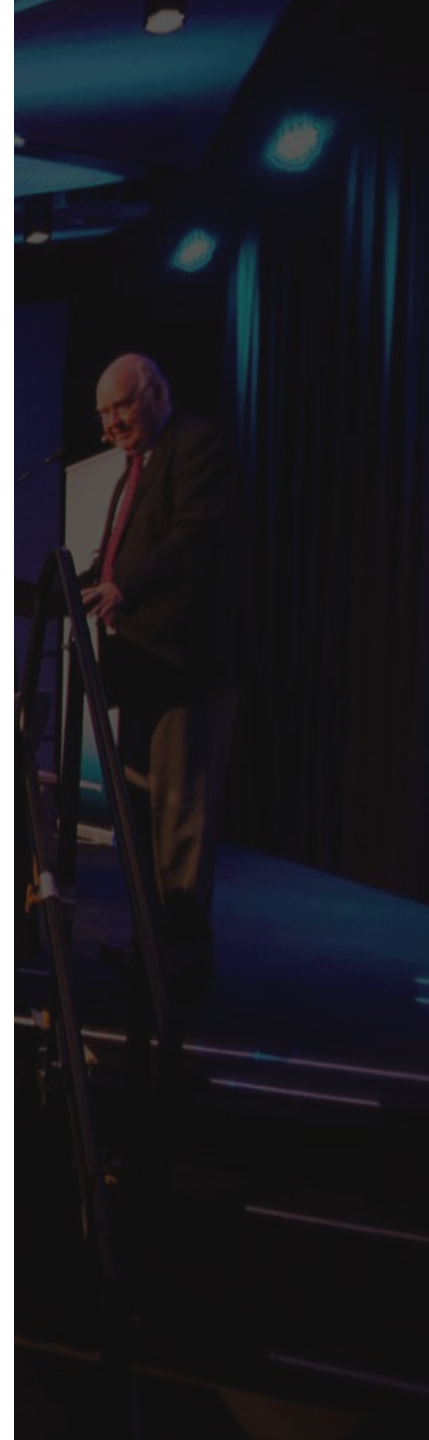
**Unlocking  
the Secrets of  
Inner Strength**

Cornerstone Press

A photograph of three people sitting on a stage for a panel discussion. A woman on the left is smiling and looking towards the center. A man in the middle is looking towards the woman on the right. The woman on the right is holding a smartphone and looking at it. The background is dark, and the lighting is focused on the speakers.

“Redemption of  
resilience plotlines”





“One way they did that was by saying ‘Ok, we’ve had enough of talking about this bad stuff. So let’s start looking on the positive side and talking about resilience’. [The result was] really to take the spotlight off organisations and to focus on the people and effectively have a psychological analysis which said, ‘The real problem here is that people aren’t resilient enough’” (Professor Alex Haslam)





Bestselling Author of **THE JOY OF WORK**

**Bruce Daisley**



**fortitude**

**Unlocking  
the Secrets of  
Inner Strength**

Cornerstone Press

“This individualistic  
concept of resilience  
is now big business”

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“You can make worrying about your resilience a full-time job...except you already have a full-time job”





The background image shows a large audience seated in a dark room with blue lighting. A speaker is visible on a stage to the right, and a large screen displays the text 'PROF. JOHN LENDRICK'. The overall atmosphere is professional and focused.

# A better way?

“Come to me all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light” (Jesus)





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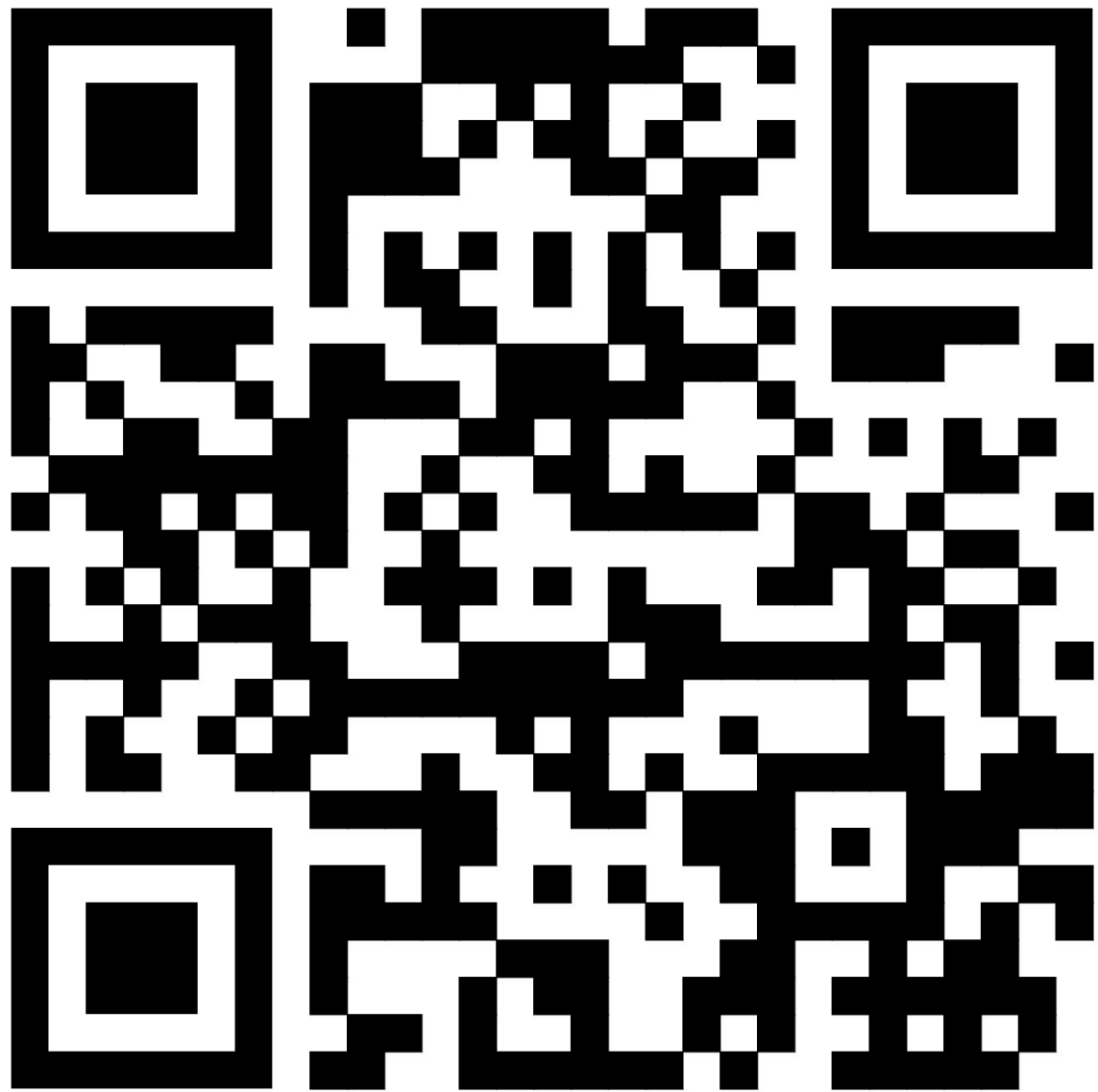
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“Come to me all you who are  
weary and burdened and I will  
give you rest” (Jesus)





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John's Gospel with notes

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See you  
next time