

# Shatterproof

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## Synopsis

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**This new roadmap for stressed-out strivers reveals the surprising limits of resilience and offers a second skillset for overcoming life's greatest challenges.**

Are you working too much but feel like it's never enough? Have you turned the act of pretending you're "fine" into an art form? Have your best coping tools stopped working the way they used to, leaving you feeling tapped out and teetering on the edge? We've been taught that resilience is the secret to navigating life's most difficult moments. According to *New York Times* bestselling author and organizational psychologist Dr. Tasha Eurich, there is just one problem with this assumption. Scientifically, resilience isn't an unlimited resource, especially with the growing pressure, uncertainty, and chaos we're experiencing today. But what if, instead of merely "bouncing back" from stressors and setbacks, we could harness them for forward growth? SHATTERPROOF offers an urgent alternative approach to quiet endurance as the only strategy for surviving tough times. Drawing on decades of research, fascinating stories, and insights from her own struggle with a life-defining health crisis, Eurich will smash your beliefs about what it takes to thrive through adversity, offering a fresh, scientifically supported system to help readers:

- Recognize the specific stressors that uniquely trigger us
- Identify the unmet needs that keep us stuck in self-limiting patterns
- Replace self-limiting patterns with those that fulfill our deepest human needs
- Turn stress into strength, exhaustion into energy, and confusion into confidence
- Find peace in the present and be prepared for what the future holds
- And much more

When we embark on this journey, we learn that the things that break us can also uniquely remake us—"paving the way to feel better, do better, and live better than ever before. That is what it means to become *shatterproof*."

# Reader's comments

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