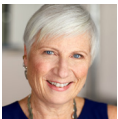


# Appreciative Resources

## Review by Jill Greenbaum



Jill Greenbaum is a chaplain/spiritual caregiver in the Zen Buddhist tradition, certified Appreciative Inquiry facilitator, trainer, graphic facilitator, coach, and end-of-life literacy specialist. Jill co-creates transformative experiences with her clients.

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## RISE: The 'Deep Resilience' Way

**Neena Verma**

**ISBN 9370036792**

**ISBN-13 (Kindle) 978-9370036796**

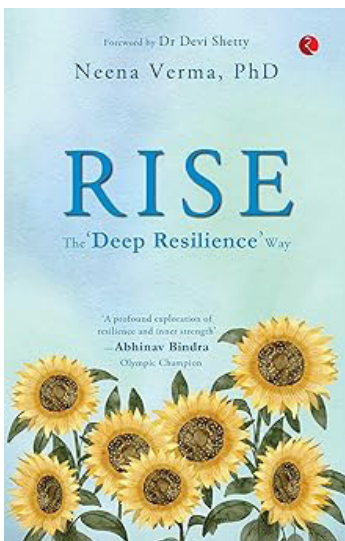
Reading *Rise: The Deep Resilience Way* by Neena Verma is immersive, thought-provoking, and enlightening. This work shares the author's extensive research from a vast array of sources, her experiences with loss and grief, real-life stories of personal adversity, and practical exercises. This inclusive approach creates the foundation for describing and working with her framework of Deep Resilience. The book can become a companion on the journey of personal discovery, inviting us to deeply explore our own knowledge and beliefs, and reflect on the ways in which we have weathered grief and trauma in our lives.

The structure of the book creates a broad foundation for understanding how Rise, the model, developed. This work describes and illustrates the elements of a resilient mindset and deep resilience. We learn and have opportunities to engage with the skills of restorative adaptation, imaginal growth, and expansive emergence supported by supple strength. The end-of-chapter REAP (Resilience Embodiment And Practice) exercises invite us to dive more deeply into reflection and practice opportunities.

### An alignment with Appreciative Inquiry

What particularly resonated for me was the almost unspoken alignment with Appreciative Inquiry. The model described invites the reader to discover, explore, and activate their own deep resilience. The book delves into our innate or cultivated capacities – our will to face, recover from, and work with life storms, to ultimately adapt to life, to rise above and grow beyond our perceived fears, limits, and doubts.

Our personal will and effort are foundational components of this model. As a chaplain and grief coach working both inside and outside of systems, (at work, in communities, and the world at large), I am sensitive to the impact of systems on individuals. Interestingly, so many of the stories shared pointed to



individuals working to impact or transform the systems that affected them. This feels like a fruitful area of further exploration. How does our everyday resilience become deep resilience, and can that become the change needed in systems even without the experience of trauma? Might this model be a framework for systemic change which would be in alignment with Appreciative Inquiry? In this instance, it would be personal everyday experience with resilience that could provide the impetus for organizational change.

#### Developing thinking: Examples and action maps

*Having examples of how some people engaged with the material would both broaden and deepen the book's impact.*

As I worked my way through the end-of-chapters REAP and exercises, I wished for examples of answers from some of the people whose stories were shared. A workbook with a compilation of exercises would be a fabulous addition to this book, enabling readers to see their thinking develop over the course of the book. As a graphic facilitator, I would benefit from examples of the personal action templates and action maps suggested in the book. Readers would learn about what to consider and do. Having examples of how some people engaged with the material would both broaden and deepen the book's impact.

I do wonder about those who feel that they don't have the capacity or the will, the tools or the support of others, to do this work. Perhaps there is a workbook that precedes this book to help people cultivate an Appreciative Inquiry view of themselves and begin to develop a resilient mindset.

#### Slowing the pace, lingering over ideas

*This is a book for those primed to take a thoughtful journey.*

I did a lot of thinking while reading this book – I was actively engaged in checking in with my previous learning, experiences as a chaplain and grief coach, and beliefs. Reading this book was no academic exercise. It is like walking the Camino trail: a time for slowing one's pace, lingering over ideas, imagining into the future, choosing the ways to move forward.

This is a book for those primed to take a thoughtful journey. If you are ready for personal exploration and reflection, assessing, planning for, and integrating new processes into your life, this book will support you in recognizing your innate capabilities and cultivating new skills to work with the challenges that life presents.

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