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RESILIENCE IS ABOUT HOW YOU RECHARGE NOT HOW YOU ENDURE UNABRIDGED EBOOKS 2019

**Harvard
Business
Review**

**Resilience Is about How
You Recharge, Not How You
Endure**

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As constant travelers and parents of a 2-year-old, we sometimes fantasize about how much work we can do when one of us gets on a plane, undistracted by phones, friends, and Finding Nemo. We race to get all our ground work done: packing, going through TSA, doing a last-minute work call, calling each other, then boarding the plane. Then, when we try to have that amazing work session in flight, we get nothing done. Even worse, after refreshing our email or reading the same studies over and over, we are too exhausted when we land to soldier on with the emails that have inevitably still piled up. u003cbr /u003eu003cbr /u003e"Resilience Is about How You Recharge, Not How You Endure" is from hbr.org, published on June 24, 2016.

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