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Book Review 10 Upping the Downside: 64 Strategies for Creating Professional Resilience By Design (Resilience By Design, Volume 2) by Mike R. Jay

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Available at: https://works.bepress.com/william_mcpeck/14/

**Up Your Downside**, May 14, 2008, Rating: Rating, 4 Stars

In today's world, the only constants are change and uncertainty. With change and uncertainty comes risk. Since risk can only be mitigated, never eliminated, everything has a downside. How low or deep your downside exposure will be depends upon your level of resilience. If you are self employed, a solopreneur, a small business owner or an independent professional - Read This Book.

In today's complex, uncertain world, a lot of things can happen to disrupt your business or livelihood. This book is all about helping you to create resilience by design. By being resilient, you are likely to be impacted less by any unexpected event or disruption. During a disruption, with resiliency, you are likely to fall a shorter distance before being able to once again gain some traction.

This book contains two distinct parts. The first contains a series of essays written by selected members of Mike Jay's 2007 Resilience Program. Each member wrote about their own experience with the concept of resilience. In the second part, Mike Jay identifies 64 elements and then offers 64 strategies the small business owner and independent professional can undertake to increase their resilience. For each element, there is a survey question for the reader to answer. Your answer to each question can be computed into a numerical score which you can use to help you prioritize which strategies you to address and in what order. As you move up through the elements, they become more complex, obscure and theoretical. But don't let this intimidate you.

To build your resilience, work on your priority elements first, followed by those you understand. Since we cannot predict what the next problem, crisis, calamity or unforeseen issue will be, the future requires you to be resilient and adaptable. The more vulnerable you are, the greater the event or crisis will impact you.

Developing your resilience will up you downside. Use the elements in this book to increase your professional/business resiliency. When the s___ hits the fan, you'll be glad you did.