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NEWS RELEASE

Dr. Robyne Hanley-Dafoe's Debut Book 'Calm Within The Storm: A Pathway to Everyday Resiliency' Wins Nautilus Award

Dr. Robyne Hanley-Dafoe joins a group of highly esteemed authors from around the globe as a 2022 Nautilus Award recipient with her debut book 'Calm Within The Storm: A Pathway to Everyday Resiliency.'

Calm Within The Storm won the 2022 Silver Nautilus Award in the Psychology/Mental and Emotional Well-Being category. The Nautilus Awards aim to recognize 'Better Books for a Better World,' and their core mission is to celebrate and honour books that support conscious living & green values, high-level wellness, positive social change & social justice, and spiritual growth.

Published in March of 2021, Calm Within The Storm is a powerful and achievable path to everyday resiliency that offers a kinder approach to taking on the challenges of life and developing authentic self-alignment and balance. Dr. Hanley-Dafoe provides research-informed, sustainable, and achievable personal development practices and presents a new, attainable model for everyday resiliency – one that everyone can use to feel more grounded and capable. She identifies the obstacles that derail us and keep us stuck and shows us how to enact our resiliency through stories, research, and practical strategies.

"My little but mighty book is an anthem for the underdog, and I have braided personal story, research, and practical applications to create a book that tackles complex ideas in a manner that is accessible for everyone," explained Dr. Hanley-Dafoe. "I believe the world needs a wee bit of a comeback story right now and a map to create their own. Which is why giving back was so important when I wrote the book," said Dr. Hanley-Dafoe.

A large portion of the book's proceeds have supported several local and national charities, including Kids Help Phone, the Pinball Clemons Foundations, Sicks Kids Children's Hospital, the CNIB Guide Dog Program and many more. Dr. Hanley-Dafoe has also started multiple student endowment funds at her former schools.

Chapters Reader Reviews:

'If you're going to read only one book this year, let this one be it. *Calm Within The Storm* is a beautiful mix of research, practical strategies, and storytelling that helps readers navigate our current landscape in a way that honours our unique capacity for resilience. Buy it. Read it. Read it again.'

'Dr. Robyne's *Calm Within The Storm* will easily become a book that I will revisit for comfort, hope and inspiration. It will share a place on my nightstand with other books that I keep referring back to - including Tara Brach's *Radical Acceptance* and Gary Zukav's *Seat of the Soul*.'

About Dr. Hanley-Dafoe

Dr. Robyne Hanley-Dafoe is described as one of the most sought-after, engaging, thought-provoking, and truly transformative international speakers and scholars in her field. Dr. Robyne Hanley-Dafoe is a multi-award-winning psychology and education instructor who specializes in resiliency, navigating stress and change, and personal wellness. Delivering over 500 keynotes since March 2020, she continues to provide practical strategies grounded in global research and case studies that help foster resiliency within ourselves and others. What sets Dr. Robyne apart is how she learned resiliency from the ground up as a person who has experienced significant obstacles yet forged her comeback. Dr. Robyne has over 16 years of university teaching and research experience and brings a refreshing and researched-informed perspective to our understanding and practices of resiliency and wellness. Dr. Robyne's work is accessible and relatable while offering practical strategies that are realistic and sustainable.

To learn more about Dr. Robyne Hanley-Dafoe, and access free resources, please visit www.robbynehd.ca, follow us on social media Twitter: @RHanleyDafoe, LinkedIn: /drrobbynehd, Instagram: dr_robbynehd or sign up for our [Newsletter](#).

For more information please contact:

Melissa Moroney, Public Relations & Brand Director
Dr. Robyne Hanley-Dafoe
705-749-8041
melissa@robbynehd.ca