

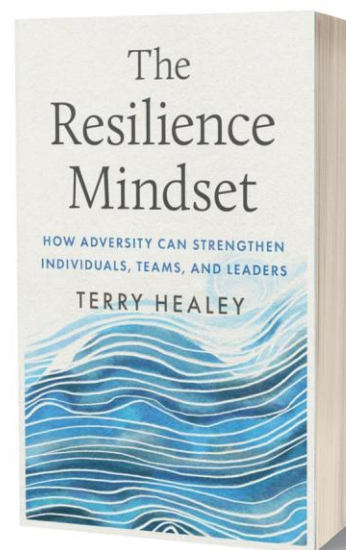
TERRY HEALEY

SPEAKER AND AUTHOR

The Resilience Mindset: How Adversity Can Strengthen Individuals, Teams, and Leaders (EWC Press, September 9, 2025)

Adversity can shake our confidence and purpose—but it can also strengthen us. In *The Resilience Mindset*, Terry Healey shares his journey of surviving life-threatening cancer at 21, which left him with a permanent facial difference, and the framework he developed to turn pain into power.

Built around four core principles, Healey’s approach empowers readers not just to cope with adversity, but to thrive—finding renewed confidence, success, and fulfillment. Combining personal stories, evidence-backed research, and accounts of others who have overcome paralysis, brain injury, and more, this book equips readers with practical tools to build resilience in everyday life and leadership.



Meet Terry Healey

Terry Healey is an author, keynote speaker, and business strategist who has transformed a life marked by more than 30 facial reconstruction surgeries into a message of strength and hope. He teaches individuals and organizations how to overcome challenges, build resilience, and embrace change with confidence. A UC Berkeley graduate and former high-tech sales and marketing executive, Healey has spoken for leading companies, hospitals, and universities nationwide, including Cisco, Charles Schwab, Stanford, Kaiser Permanente, and UC San Francisco. His work has appeared in *CEO World Magazine*, *Fast Company*, *Psychology Today*, *U.S. News & World Report*, and more. He is also the author of *Face Value: My Triumph over a Disfiguring Cancer*.

Praise for *The Resilience Mindset*

“More than a story of survival, this book is a guide for facing adversity with mindful positivity. It invites readers to reflect, grow, and find strength in the face of life’s toughest challenges.”

— **Ivan El-Sayed, MD, UCSF**

“With *The Resilience Mindset*, Healey offers the tools for engineering what a lot of us in Hollywood could use these days — a good comeback story.” — **Bill Pruitt, five-time Emmy Award–winning executive producer of *The Amazing Race*, *The Apprentice*, and *Deadliest Catch***

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