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# Adversity Quotient Turning Obstacles

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 How one responds to adversity is a

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Important The term adversity quotient is coined by Paul Stoltz in 1997 in his pioneering book Adversity Quotient: Turning Obstacles Into Opportunities. AQ is a score that measures the ability of a person to deal with adversities in his life. Hence, it is commonly known as the science of resilience. The Role of Adversity Quotient in Dealing with Everyday ... Your Adversity Quotient by Paul Stoltz, Ph.D. Dr. Stoltz is president and CEO of PEAK Learning, Inc., a consulting and research firm in San Luis Obispo, CA. Email [info@peaklearning.com](mailto:info@peaklearning.com); [www.peaklearning.com](http://www.peaklearning.com) . He is author of Adversity Quotient: Turning Obstacles into Opportunities (Wiley, New York, 1997) and Your Adversity Quotient - Small Business Matters Buy the selected

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Manager. Adversity Quotient: Turning Obstacles into Opportunities ... Hence, it is commonly known as the science of resilience. The term was coined by Paul Stoltz in 1997 in his book Adversity Quotient: Turning Obstacles Into Opportunities. To quantify adversity quotient, Stoltz developed an assessment method called the Adversity Response Profile (ARP). Adversity quotient - Wikipedia The characteristics also seem to mirror the characteristics of people with high Adversity Quotient (AQ), as written in Paul Stoltz's book - Adversity quotient: Turning obstacles into opportunities (1997). C.O.R.E. Dimensions of Adversity Quotient. Adversity quotient encompasses four dimensions which measures the AQ of an individual.

Adversity Quotient: Turning Obstacles Into Opportunities. How one responds to adversity is a global predictor of success. This book, through its adversity response profile, measures the reader's adversity quotient (AQ) and then provides 48 ways to boost anyone's AQ.

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Your Adversity Quotient by Paul Stoltz, Ph.D. Dr. Stoltz is president and CEO of PEAK Learning, Inc., a consulting and research firm in San Luis Obispo, CA. Email [info@peaklearning.com](mailto:info@peaklearning.com); [www.peaklearning.com](http://www.peaklearning.com) . He is author of *Adversity Quotient: Turning Obstacles into Opportunities* (Wiley, New York, 1997) and

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Dr. Stoltz brought AQ to the world through his internationally acclaimed bestselling book, *Adversity Quotient: Turning Obstacles into Opportunities*, which has been published in nine languages. He also wrote *Adversity Quotient @ Work* and *The Invincible Investor*.