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Dr. Michael Ungar is a family therapist and professor of social work at Dalhousie University, where he holds the Canada Research Chair in Child, Family and Community Resilience. His research on resilience around the world and across cultures has made him the number one ranked Social Work scholar in the world, with numerous educational institutions, government agencies, not-for-profits and businesses relying on his research and clinical work to guide their approaches to nurturing individual, organizational and community well-being under stress. Dr. Ungar is the author of 18 books for mental health professionals, educators, caregivers and employers, including his most recent works *The Limits of Resilience: When to Persevere, When to Change, and When to Quit*, a book for individuals and organizations, and *Change Your World: The Science of Resilience and the True Path to Success*, a book about our emerging understanding of resilience as more than individual grit. As well as having received numerous awards for his work, including the Canadian Association of Social Workers National Distinguished Service Award and being named a Fellow of the Royal Society of Canada, Dr. Ungar also maintains a blog, *Nurturing Resilience*, which can be read on *Psychology Today's* website.