Your psychology is infrastructure. Most founders treat it as a luxury. The ones who last do not.

Built on cognitive psychology, affective science, and decision research, this book introduces the RESILIENT framework: nine trainable capacities that separate founders who merely survive from founders who stay clear under load. Your psychology, treated like a system: observed, trained, repaired, improved.

Inside, you will learn to:

- Map your stress signature and decode identity fusion before it costs you.
- Reappraise setbacks before they compound into catastrophes in your head.
- Name emotions precisely enough to choose the right response, not the loudest one.
- Protect attention as the currency every other skill spends.
- Architect decisions so the irreversible calls get the judgment they deserve.
- Build recovery as infrastructure, and organise support before isolation turns expensive.

This is not meditation rebranded for LinkedIn. It is operator-grade psychology: protocols you can run on a bad Tuesday when the runway is short, the inbox is loud, and the part of you that would remember to pause is already offline.

Operator-grade psychology for founders who refuse to confuse suffering with strategy.

Len P. van der Hof, MSc
He builds operating systems for the strategic self. Treats entrepreneurship, AI and machine learning, marketing, philosophy, psychology, and health optimization as one engineering problem. MSc in Strategic Entrepreneurship, Rotterdam School of Management, Erasmus University.

Len P. van der Hof The Psychology of Founder Resilience
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The Psychology of Founder *Resilience*

How high-stakes leaders stay grounded, clear, and effective under pressure

Len P. van der Hof

Systems for the Strategic Self