

FOZY



Comprehensive Psychological Resilience Master

Tier 4 · Complete Program · €480 (one-time)

FREE
PREVIEW

What's Inside — Preview

The Comprehensive Psychological Resilience Master is the complete Fozy system. It includes the full contents of all three foundation programs and adds an integrated architecture on top — turning individual coping skills into a whole life that is steadier and more recoverable under load.

What's included

- **All three foundation workbooks** — Stress Relief & Daily Grounding, Emotional Stability & Burnout Recovery, and Crisis Navigation & Decision Making, in full.
- **Four Master Protocol Sessions** — deeper integrative practices that combine tools across all three foundations.
- **A Post-Crisis Recovery pathway** — the structured process of rebuilding after a major stressful period.
- **Long-Term Resilience Architecture** — designing your environment so stability is the default.
- **A 12-Week Maintenance Planner** — turning everything into a sustainable practice.

The five parts

1. **The Three Foundations** — your complete core library.
2. **Four Master Protocol Sessions** — Resilience Map, Integrated Chain, Rewriting Your Story, Early-Warning System.
3. **Post-Crisis Recovery** — Decompress, Process, Reintegrate, Make meaning.
4. **Long-Term Resilience Architecture** — the four pillars of a steady life.
5. **The 12-Week Maintenance Planner** — daily grounding, weekly review, quarterly re-score.

A sample — your Resilience Map

Score yourself 1–10 across four domains: **Body** (sleep, movement, energy), **Emotions** (regulation and recovery speed), **Thinking** (flexibility under pressure), and **Connection** (support and boundaries). Your lowest score is your highest-leverage place to begin.

This is a short preview. The full Master Program includes all three foundation workbooks plus every Master session, the recovery pathway, the architecture blueprint, and the complete 12-week planner.

Ready to start? The complete Comprehensive Psychological Resilience Master program is available now for €480 at fozy-digital.com. One-time payment, lifetime access.