

Brettney Perr Re-Releases The Resilience Journal as the Phoenix Edition

Created in response to the Eaton and Palisades fires, the new edition brings phoenix-inspired artwork to a guided journal centered on a well defined approach to resilience, reflection, community, and practical action.



Los Angeles, California Aug 28, 2026 ([Issuewire.com](https://www.issuewire.com)) - Author, speaker, educator, and Human Evolution Coach Brettney Perr announces the re-release of *The Resilience Journal* as the **Phoenix Edition**. The new edition preserves the journal's original content while featuring entirely new artwork

inspired by the phoenix: a symbol of rebirth, renewal, transformation, and the ability to rise after devastating circumstances.

The Resilience Journal was originally created in response to the Eaton and Palisades fires, which began on Jan. 7, 2025, and profoundly affected communities across Los Angeles County. Perr, as a former resident of the Pacific Palisades, states,

"I lived in the Palisades for several years in the early 2000s. It was hard to see a place with so many fond memories nearly burned out of existence," Perr said. "With the Eaton Fire, I have many close friends who lost nearly everything. The devastation was huge. It was also hard to watch people turn to blame whoever they could, rather than rising up to help those in immediate need. When people are too busy fighting each other, it takes away from providing help. To me, that lack of priorities was a lack of resilience."

The Phoenix Edition preserves the journal's original structure and practical exercises while giving the work a visual identity that reflects its purpose. The phoenix symbolizes what can follow devastation: healing and building a new beginning, without denying what has been lost.

"The symbology of the phoenix is such a parallel to the times we are living in right now," Perr said. "Devastating fires lead to rebuilding and the revitalization of life afterward. The phoenix is about rebirth and renewal. It is the icon that says life goes on as it starts again from the beginning. It reminds us to rise above our circumstances."

For Brettney Perr, resilience is built gradually through daily actions, mindset, social connection, interactions, awareness, and habits that shape how people respond to frightening, stressful, or challenging circumstances.

She stated, "Resilience builds strength the way resistance training builds muscle. It is not just getting through a crisis moment; it's how you react to it and navigate through the scary or challenging times. Resilience is a way of life. It is our daily mindset, our social connections, our interactions, and much more."

Designed as a comprehensive, action-oriented personal-development resource, *The Resilience Journal* addresses multiple aspects of resilience rather than limiting reflection to a single theme. Its guided prompts and exercises explore emotional awareness, stress management, adaptive coping, critical thinking, communication, healthy relationships, discernment, decision-making, organization, time management, personal accountability, community connection, and practical preparedness.

"I take into consideration that resilience is built over time and through daily actions. Some are small, and others are more challenging. Resilience is not just something you do alone. It is connecting with community, building healthy relationships, and developing discernment and awareness. Instead of only writing down a bunch of 'What would you do if?' questions, *The Resilience Journal* asks readers to take real-world actions because I believe you do not really learn something until you apply it."

Research suggests that reflective and expressive writing can create a meaningful space to process emotions, build coping skills, deepen self-understanding, and support personal well-being. Building on these broader practices, Brettney Perr presents *The Resilience Journal* as a supportive guide for personal reflection and growth. One that complements, rather than replaces, professional care, community connection, or emergency support when those resources are needed.

Perr hopes readers finish the journal with a stronger sense of their own capabilities and their ability to respond constructively when life becomes uncertain.

"So many people fall into the trap of believing that once they have been hurt or overwhelmed, that is all their story can be," Perr said. "I want readers to recognize that they can be victorious in their lives, standing amid chaos rather than succumbing to it. One of the questions I like to bring up: Is it adversity or adventure? The ability to see circumstances as an adventure is a choice that opens opportunities. It comes down to improving our ability to get through life's hardest moments and thrive."

Interview opportunities

Brettney Perr is available for interviews, podcasts, television, radio, and digital-media conversations on:

- Creating resilience practices before a crisis occurs.
- Why resilience is built through daily habits, relationships, awareness, and action..
- Meeting fear with agency, curiosity, and purposeful action.

About Brettney Perr

Brettney Perr, also known as **The Illuminator**, is an author, speaker, resilience educator, and Human Evolution Coach. Her work explores emotional intelligence, personal empowerment, self-awareness, resilience, critical thinking, healthy relationships, and the process of challenging limiting beliefs.

Perr is the founder of Obscuram.com, a digital platform focused on hidden knowledge, personal empowerment, self-care, emotional intelligence, introspection, health and wellness, and enlightenment. She is the author of *Can I Get Some Sleep?*, a guide featuring quick and practical tips for better rest, and the creator of *The Resilience Journal*.

Her work is guided by the philosophy of transforming fear into fortune and chaos into clarity.

Availability

The Resilience Journal: Phoenix Edition is available now.

Website: <https://www.obscuram.com>

Available on Amazon

Format: PAPERBACK

Price: \$31.06

ISBN: **979-8992997729**

High-resolution cover art, author photographs, review copies, excerpts, and additional media materials are available upon request.

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