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Boundaries as opportunities: A multilevel investigation of resilience

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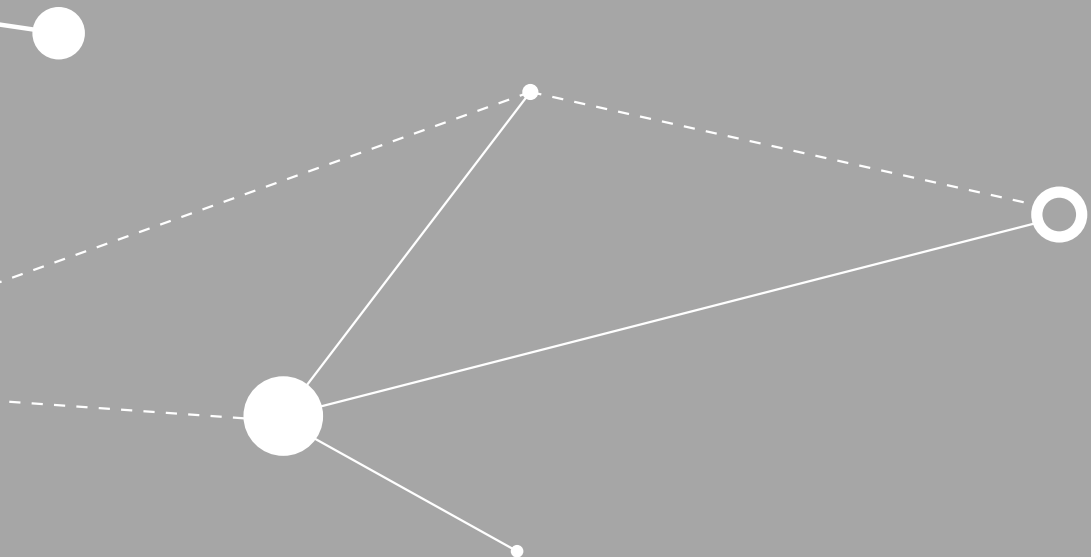
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For most people, it may not come entirely as a surprise that writing this dissertation has not always been the most exciting undertaking in my life. Despite never having been particularly fascinated by academia, a younger version of me still decided to apply for the Research Master program and, later, for a PhD position at the Faculty of Economics and Business at the University of Groningen. Why? Because they felt as an opportunity to develop and challenge myself intellectually. And challenged I would be, but not only intellectually. On a personal level, I discovered that I am much more people-oriented than I had always thought, making mostly working alone on my research sometimes difficult. As such, the years up to this moment have been a challenging, sometimes frustrating, but eventually rewarding journey for me. Would I do it again? Probably not. Do I regret doing it? Definitely not.

Looking back on this journey, there have been many people without whom I would not have been able to complete this dissertation. I would like to acknowledge and express my sincere gratitude to several of these people here. Foremost, I am very grateful to my supervisors Dirk Pieter van Donk and Thom de Vries. Both of you have helped me tremendously in becoming a more meticulous researcher, as well as in becoming a better person. I was not spared the critical attitude that characterizes academia, and, while initially quite challenging, your thorough comments and our (sometimes heated) discussions have eventually helped me in becoming better at receiving feedback. In a profession that consists mostly of working alone, our meetings nearly always motivated and energized me, even after discussing the sixth reject of one of my papers—this particular one after a substantive revision. (I would like to believe that, by now, we have cultivated a certain level of resilience ourselves when it comes to paper rejections.)

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Mitchell J. van den Adel
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