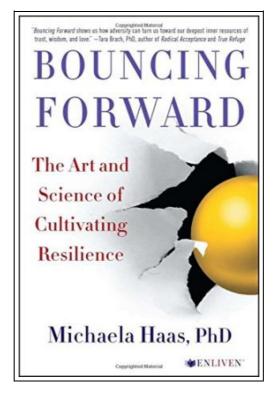
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Reviews

The book is fantastic and great. It is definitely basic but shocks in the 50 percent in the pdf. Its been printed in an remarkably basic way and it is just soon after i finished reading this publication in which really changed me, change the way i believe.

(Dr. Lukas Hills DDS)

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SIMON SCHUSTER, United States, 2016. Paperback. Condition: New. Reprint. Language: English. Brand New Book. Engaging stories of modern survival with uplifting and often surprising takeaways. --Gay Hendricks, PhD, New York Times bestselling author of The Big Leap and Conscious Loving Bouncing Forward shows us how adversity can turn us toward our deepest inner resources of trust, wisdom, and love. --Tara Brach, PhD, author of Radical Acceptance and True Refuge Discover the advantages of adversity and find meaning in the messiness.[Bouncing Forward] shows the reader how to cultivate the mindset of resilience that can catalyze healing and growth from catastrophe. Brilliant, inspiring, to be read, re-read, and treasured. --Linda Graham, MFT, author of Bouncing Back Thrive in the face of challenges and radically change your perspective on adversity and loss with the cutting-edge science of posttraumatic growth and these powerful methods to grow from victim to survivor in this great message of hope (The Huffington Post). Learn how to become stronger, happier, and more resilient in the face of life s inevitable setbacks through twelve inspiring stories from survivors of cancer, addiction, PTSD, the Holocaust, loss of a love one, and childhood abuse. Michaela Haas, PhD, presents these stories with practical methods on how to transform pain into a journey to wisdom, love, and purpose. In Bouncing Forward, Haas draws upon powerful storytelling, psychology, history, and twenty years of Buddhist practice to reshape the way we think of crisis. Through interviews with the late Dr. Maya Angelou, who shares with us how her childhood trauma led her into a passionate life of meaning; ex-POW Rhonda Cornum, who found a new purpose after being captured in Iraq; renowned autistic pioneer Temple Grandin, who overcame crippling panic attacks; and famed jazz guitarist Coco Schumann, who played for his life in Auschwitz, Haas...



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