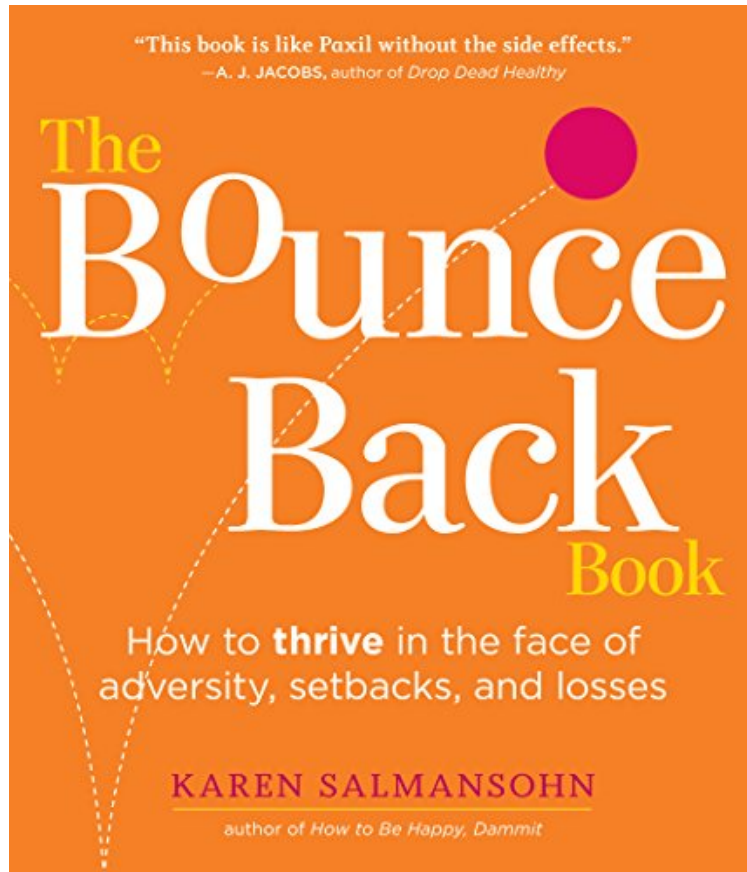


The Bounce Back Book: How to Thrive in the Face of Adversity, Setbacks, and Losses

Karen Salmansohn

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#208669 in Books Salmansohn, Karen 2008-05-14Original language:EnglishPDF # 1 7.00 x .69 x 5.94l, .83
#File Name: 076114627X192 pagesWorkman Publishing | File size: 41.Mb

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getting stuck during hardships. Then the reader is given explanation, examples concerning the reasons this time is challenging. Through Bounce back assignments and insight, this book assists with gaining personal strength and assisting positive growth thoughts. It is an excellent book.

"Salmansohn's writing is bold, playful, insightful with powerful metaphors that provoke and inspire. Her kinetic images amplify her message and take the book to a new level of literary experience." - Deepak Chopra, author of Seven Laws of Spiritual Success
A bad breakup. A serious illness. The loss of a job. Life has a habit of throwing people curveballs. To which Karen Salmansohn says: "When life throws you curveballs, hit them out of the park." In *The Bounce Back Book* the dynamic author whose quirky self-help books including *How to Make Your Man Behave . . .* and *How to Be Happy, Dammit* mixes from-the-gut wisdom, humor, feistiness, and sophistication to create a hip, inspiring resource that will brighten the darkest mood. The book is grounded in happiness research, psychological studies, Greek philosophy. And it delivers: Here are 70 easily digestible, potentially life-changing tips on how to bounce back from adversity, each on a spread that's as punchy in look as it is powerful in message. "Shrink negativity into nuggetivity." "Think of yourself as the type of person the world says yes to." With its attitude, techniques, and advice on everything from exercise to staying connected, it is a full-on guide to moving forward with great positive energy.

"Salmansohn's writing is bold, playful, insightful with powerful metaphors that provoke and inspire. Her kinetic images amplify her message and take the book to a new level of literary experience." - Deepak Chopra, author of Seven Laws of Spiritual Success
About the Author
Karen Salmansohn is the author of the bestselling *How to Make Your Man Behave ...* and *How to Be Happy, Dammit*. She is a relationship expert for MSN.com and Match.com, and hosts her own daily radio show, "How to Be Happy, Dammit" on Sirius. She lives in New York City.