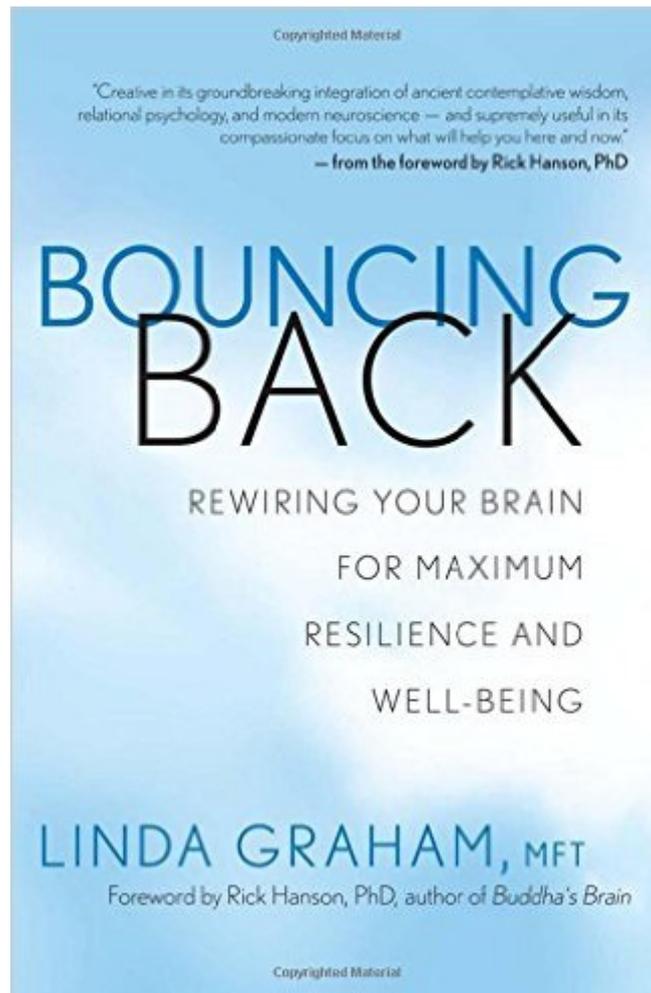


The book was found

Bouncing Back: Rewiring Your Brain For Maximum Resilience And Well-Being



Synopsis

Winner of the 2013 Books for a Better Life Acorda Wellness Award and the 2014 Silver Nautilus Book Award Resilience is the ability to face and handle life's challenges, whether everyday disappointments or extraordinary disasters. While resilience is innate in the brain, over time we learn unhelpful patterns, which then become fixed in our neural circuitry. But science is now revealing that what previously seemed hardwired can be rewired, and *Bouncing Back* shows us how. With powerful, time-tested exercises, Linda Graham guides us in rebuilding our core well-being and disaster-proofing our brains.

Book Information

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Customer Reviews

Linda Graham's new book, *Bouncing Back-- Rewiring Your Brain for Maximum Resilience and Well-Being--* is really great-- clear, engaging, and compassionate in its concern for the growth and well-being of humanity. *Bouncing Back* rises to the challenge of bringing together the wisdom of psychotherapy, neuroscience, and mindfulness practice into a powerful new way of building inner strategies to cope with, and emerge stronger from, the inevitable aggravations and emotional upsets, even traumas, that can otherwise derail your life. As a career and life transitions coach, I've been successfully using some of this book's dozens of helpful exercises with my clients to help them build confidence in making major changes in their lives-- a process that usually involves a lot of reaching out, falling down, and having to get back up again. These exercises are easy to use and really work. They can be used on their own or enhanced by the author's excellent text on why they

work-- from psychological, neuroscience, and mindfulness research and experiential evidence. Bouncing Back has taken its place as a major tool on my professional bookshelf! I highly recommend it for coaches, therapists, and anyone who wishes to be able to rise to life's challenges and handle life's inevitable risks with more grace, grounding, and centering.

This a very well-researched and highly technical book. Linda Graham really knows her stuff. If you just read the quotes and the chapter summations at the end of each chapter you would get immense benefit from reading this book. The exercises featured in many of the chapters are very easy to do and implement as habits in your daily life. There are son many poignant and applicable quotes in this book you could probably write them on your one-a-day calender and fill up a whole year. And they're all so good. Cons: This book is very high-level and intellectual. It reads like a textbook and that can hard for some people to follow.

My left brain and right brain are fully engaged and fed by Linda Graham's deeply satisfying offering. I say "are" instead of "were" because I view "Bouncing Back" as an incredible resource that I'll return to time and time again, not just a book to be read once. Empowering knowledge, immediately accessible exercises and heart-centered wisdom are woven throughout, by a graceful writing style that make this book a joy to read and savor. Maximum resilience and well-being is something everyone I know is hungering for during these times of great uncertainty and change. And Linda thankfully gives us a recipe, if you will, for creating it.

Bouncing Back by Linda Graham is a book to help the reader get back their power. Sometimes life hands us challenges that seem hard to bounce back from, but this book definitely can help you bounce back to the life you want to live. Bouncing Back is written to give hope and inspiration to those of us who need a little help bouncing back from the challenges life throws at us. It is well-written and well researched, so it makes for a very helpful read that isn't too big of an idea to really grasp. The exercises and skills used throughout the book are very helpful and easy to use in everyday life. Try them out for yourself and find out which ones work best for you. Trust me, they aren't hard to incorporate into your life, and can be very helpful in calming you down to better handle situations. If you are crunched for time, and don't have the time to fully read the entire book, check out the end of each chapter for the "Putting It All Together" section. This section is very helpful on getting that bigger picture and helps to remember what you just read (or should have read). If that section points out areas you need to focus on, start there and read that chapter (in full) first. Overall,

I enjoyed reading this book and found many of the exercises to be very helpful. It is a book I will look back on as a reference for many things in life, and I definitely recommend it.* Thank you to the publisher of Bouncing Back, New World Library, for providing me with a copy of this book for review. All opinions expressed are my own.

This author uses her experience and expertise to help the reader understand how important resilience is to maintaining stability in life and how to really use her information. I've read other self-help books that don't even come close to this in clarity and usability. She speaks thoughtfully, as a friend, yet is so professional that you can understand the benefits of learning to adjust your thinking to feel more stable in tough times. She even discusses challenging situations from the past in a way that helps to show that it's possible to see past difficult emotions as old thinking and consider methods to think new thoughts about those challenges from the past. I heard Linda interviewed on the radio, and she explained so much about resilience that I ordered the book that day...Seriously, wow. I'm taking a few pages at a time and letting it sink in. so glad to learn so much and feel my thinking change, and feel a little better each day.

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