

Aftershock Bounce Back: How to Find Courage, Emotional Resilience, and Enhance Your Life After Trauma Stress (Paperback)

By Kath Jones

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Bounce Back! When the Unpredictable Happens in your life. and Be STRONGER! Aftershock Bounce Back is designed to provide you with the insight needed to develop attitudes, approaches, and habits in order to manage the effects of adversity and move through to live a stronger more aware life. Let go of needless suffering. Gain insight to strategies and techniques that will help you progress through the symptoms of trauma stress, without developing an illness. Discover your courage and strengthen your resilience skills so you can recovery from adversity well. This book will only be listed at this price for a very short time. Grab your copy before the price goes up! This book will go over: Preparing yourself for the process of recovery It s packed with practical tips and techniques you can apply to your own challenges right away. How to manage anxiety, grief and the effects of trauma stress. How to develop resilience skills How to clarify what you want your life to be about right now and in the future You will know you are not alone...



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