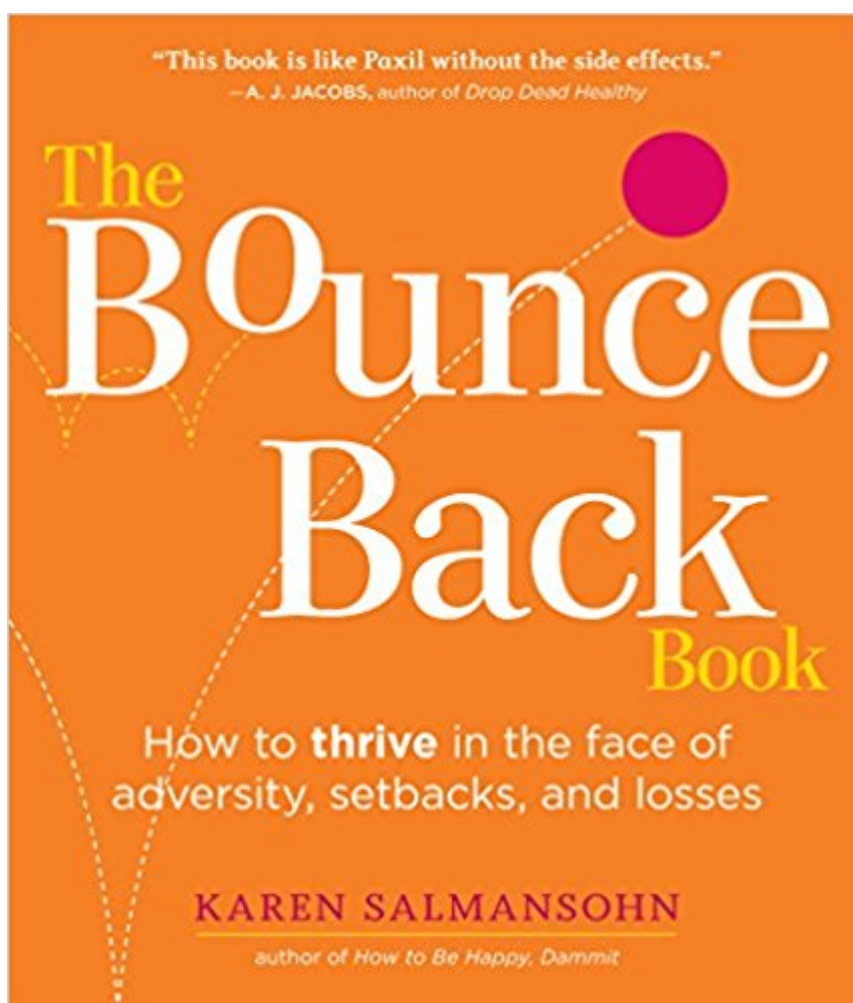


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The Bounce Back Book: How To Thrive In The Face Of Adversity, Setbacks, And Losses



Synopsis

"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.

Book Information

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Customer Reviews

"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* --This text refers to an out of print or unavailable edition of this title.

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.

I buy this book for friends going through a rough time. I have one and never want to lend it out. Makes a great gift for someone going through job loss, divorce, mourning etc.

I thought this was just going to be a "page a day" feel better book like her "instant HAPPY" book, so I never looked inside or checked the reviews, I just ordered it. I got so much more than I could have expected. This book has quotes, tips, ideas to get you back on track and off the couch or out of the bed and the author even shares part of her story! A great book for those who just can't seem to get on to their new normal.

This book gives insight into what one experiences during hardships. It also explains reasons for 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.

I have one and love it so I bought it for my friend (she loves it as well) It is awesome for people facing tough times in life. Easy to read and very uplifting, I would highly recommend this book!

I sent this book to a young man, who's in the Navy and going thru a divorce. Short reminders and help to "bounce back".

Good information--though basically a lot of common sense-type suggestions; nothing really new or noteworthy here for me. Chapters are all very short and capsulated which, for me, didn't dig deep enough to really solidify the point(s) addressed. That said, for those looking for a book that can be picked up and opened to any page for a 2 minute or less general pick-me-up sort of message, this book hits the mark.

The Bounce Back book was amazing in helping me deal with a bad breakup. I use the recommended tools every day. It's been an easier transition. And I'm glad I'm moving forward in a

more positive and happy way. Thanks so much!

I have bought this multiple times for grieving friends and have received feedback on how helpful it was for them. Highly recommended!!

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