



# **Bounce: Use the power of resilience to live the life you want**

*Sue Hadfield, Gill Hasson*

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That no matter what life threw at you, whatever challenges you faced, you could keep moving forward to build a happy and successful life.

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Nobody goes through life without ups and downs. We all suffer similar misfortunes – bereavement, accident, illness, rejection, redundancy, debt. The key to living the life you want is how you *react* to the things that happen to you.

With bounce you are ready to face any adversity, nothing is frightening, no problem is insurmountable, *every* experience makes you stronger – you can keep on bouncing towards your dreams and goals.

*Bounce* is your resilience handbook. Full of powerful techniques and inspirational stories, it will help you build an invincible armour of courage and strength to change your life for the better.

Whatever the future holds, whatever happens to you, with *Bounce*, you can overcome and achieve anything you want.

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