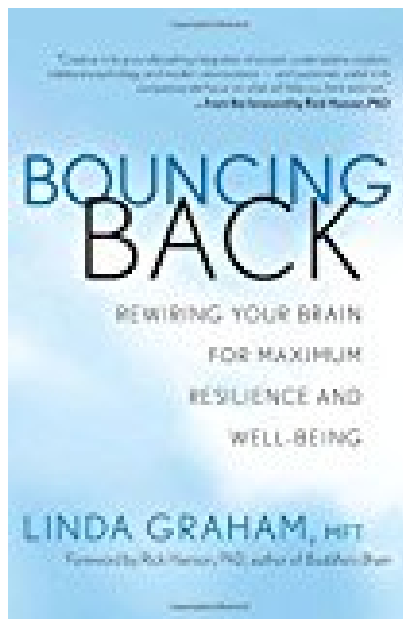


# Bouncing Back Rewiring Your Brain for Maximum Resilience and Well-Being

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## BOOK DETAILS

- Author : Linda Graham
- Pages : 464 Pages
- Publisher : New World Library
- Language : English
- ISBN : 1608681297

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## **BOOK SYNOPSIS**

"Advice, exercises, and examples to help readers increase their clarity, connection, competence, calm, and courage, from a clinical therapist, mindfulness teacher, and expert on the neuroscience of relationships. Applicable to relationships, jobs, and everyday life"--Provided by publisher.

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