



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

By Linda Graham

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**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.

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### Editorial Review

#### Review

“Creative in its groundbreaking integration of ancient contemplative wisdom, relational psychology, and modern neuroscience — and supremely useful in its compassionate focus on what will help you here and now.”

— from the foreword by **Rick Hanson, PhD**

“Linda Graham offers a beautiful and wise understanding of neuroscience combined with immensely practical tools for healthy living and genuine well-being.”

— **Jack Kornfield, PhD**, author of *A Path with Heart*

“Written with great lucidity and compassion, this book helps us cultivate a heart that is ready for anything.”

— **Tara Brach, PhD**, author of *Radical Acceptance* and *True Refuge*

“This intelligent and very readable book is more than informative; it is a heartfelt conversation with a wise and compassionate friend — and we can all use more of those.”

— **Louis Cozolino, PhD**, author of *The Neuroscience of Psychotherapy*

“Linda Graham has written the ultimate handbook for dealing with life’s inevitable bumps, challenges, and, yes, even traumas. It is both practical and inspiring.”

— **Christine Carter, PhD**, author of *Raising Happiness*

“*Bouncing Back* is the perfect guidebook not only to get through hard times but to develop the capacity for thriving in their midst.”

— **James Baraz**, coauthor of *Awakening Joy*

“This book will deepen your self-understanding as it moves your heart.”

— **Rick Foster**, coauthor of *How We Choose to Be Happy*

“*Bouncing Back* offers the rigor of science, the beauty of art, and the wisdom of deep reflection and contemplation....In this illuminating work, Linda Graham has given us a treasure.”

— **Shauna L. Shapiro, PhD**, coauthor of *The Art and Science of Mindfulness*

“I’ve never read a book so packed with information and wisdom and so engagingly, imaginatively, and charmingly written.”

— **Sylvia Boorstein, PhD**, author of *It’s Easier Than You Think*

#### About the Author

**Linda Graham, MFT**, is a marriage and family therapist, mindfulness teacher, and expert on the neuroscience of human relationships who trains other clinicians in applying neuroscience in their work.

## Users Review

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Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite book and reading a guide. Beside you can solve your condition; you can add your knowledge by the reserve entitled Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being. Try to make book Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being as your good friend. It means that it can be your friend when you sense alone and beside those of course make you smarter than in the past. Yeah, it is very fortunate for yourself. The book makes you much more confidence because you can know every thing by the book. So , we should make new experience in addition to knowledge with this book.

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#### **Sherri King:**

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