



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

Kath Jones

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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
- The author authentically shares surviving her lived experience of a mother, care giver, and nurse as she too recovered from shock and grief after the trauma of finding her son near death after a suicide attempt.

Download your copy of the book today and be inspired to realize your courage and emotional resilience to Bounce Back into your Life. Learn how to you develop your own resilience plan, with the free Bounce Back Action Journal and a free falling asleep audio Mp 3 that can be downloaded with the book Don't be the person that misses out on the opportunity to discover your potential. Be the kind of person that other people see and say, "I don't know how they do it!" Be the kind of person who takes immediate action and directs their life through adversity. Written with profound empathy and belief in your immeasurable value amidst your suffering. The implementation of the strategies you are about to read have been proven to not just give immediate assistance, but they are habits that will enhance your life in the long-term. Each chapter will provide insight into the processes of recovery from shock and trauma after a crisis or traumatic events. Don't suffer needlessly .You will find advise on how to deal with negative thoughts and the behaviour to avoid increasing your struggles. This book will HELP you see how to recover and become STRONGER! **Take control of your direction now, make a plan, and See yourself Get Your Bounce Back!** This is book combines personal experience with clinical experience and traditional methods to meet in the midst of your pain, walk with you, showing you a path through It will not bog you down with theory as it shows you step by step how to do each new task.

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Earl Sanders:

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