Stress is a fact of modern life. And as more and more people face greater financial insecurity, longer work hours, and the increasingly complex personal and social demands of our fast-paced, multi-tasking, high-tech lifestyle, finding healthy ways to handle stress is more important than ever.

In Bounce: Living the Resilient Life, Robert Wicks shows you not just how to manage stress, but how to transform stressful situations into opportunities to live a more meaningful, self-aware, and compassionate life. Wicks makes available to everyone techniques he has used for over 30 years in helping physicians, nurses, psychotherapists, educators, social workers, ministers, and relief workers not only survive but flourish in highly stressful occupations. You’ll learn a wide range of methods—normally reserved for those in helping and healing professions—to help you bounce back from stress and live life to the fullest.

Bounce shows you how to:

- Recognize the insidious nature of denial and avoidance as responses to stress
- Employ psychologically powerful approaches to self-awareness
- Improve self-talk through the use of cognitive behavioral principles
· Apply daily-debriefing techniques

· Utilize a structured reflection guide to uncover areas that require special attention

· Incorporate silence, solitude, and mindfulness into daily life

· Stop the drain of valuable emotional energy caused by toxic life situations and unexamined attitudes and beliefs

· And much more

Most important, Bounce helps you develop your own self-care protocol and personal renewal program, based on an honest assessment of your needs, life situation, and habitual ways of dealing—or failing to deal—with stress.

Insightful, practical, and filled with wise guidance, Bounce shows us all how to live with greater resilience in a world that grows more stressful by the day.

Features:
* Click here to view our Condition Guide and Shipping Prices

I got hooked on the work of Dr. Robert J. Wicks, the renowned pastoral counselor and expert on overcoming stress, with the release of his earlier book, Prayerfulness: Awakening to the Fullness of Life. As a journalist, I was so impressed by "Prayerfulness" that I published an in-depth interview with Wicks and came to a deeper appreciation of his work. This is a scholar who works regularly with at-risk professional groups particularly prone to stress, including clergy, medical personnel and men and women serving in the armed forces.

In "Bounce," Wicks boils down his wisdom on springing back from stress into 200 very well-organized pages. Depending on where you find yourself in the spiral of stress, you may wind up dwelling more on one chapter than another. Wherever you turn in this book, though, Wicks offers helpful inventories to assess your own situation and tools to begin grappling with your daily challenges.
I like his eclectic approach to explaining these general principles. You'll find references here to psychologist Carl Jung and folk singer Joan Baez, to the Catholic monk Thomas Merton and the Zen monk Thich Nhat Hanh.

This is a great gift idea for someone you care about--especially if that someone is you.

For More 5 Star Customer Reviews and Lowest Price:
Bounce: Living the Resilient Life by Robert J. Wicks - 5 Star Customer Reviews and Lowest Price!