

Bounce Living The Resilient Life

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LINDA GRAHAM: The Science of Resilience - How to Rewire Your Brain to Bounce Back from Anything Reduce Stress, Prevent Burnout, Live a Resilient Life | Susan Biali Haas
Secrets to Resilience (How to Bounce Back After Failure) Bounce Living The Resilient Life

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.

Bounce: Living the Resilient Life: Amazon.co.uk: Wicks ...

Bounce: Living the Resilient Life is a book by Dr. Robert J. Wicks about finding healthy ways to handle stress. Robert J. Wicks Author, Psychologist, and Speaker

Bounce: Living the Resilient Life | Robert J. Wicks

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Bounce: Living the Resilient Life eBook: Wicks, Robert J ...

In Bounce: Living the Resilient Life, Robert Wicks shows you not just how to manag 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.

Bounce: Living the Resilient Life by Robert J. Wicks

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 Bou

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Bounce - Robert J. Wicks - Oxford University Press

Bounce: Living the Resilient Life. Product Information. If you have a question regarding this product that isn't answered on the page, please contact us and we will assist you. Please reference the Product ID above when contacting us. Email: customerservice@whizz.ae Phone: +971 4 296 5810.

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Amazon.com: Bounce: Living the Resilient Life ...

Bounce: Living the Resilient Life by Wicks, Robert J. at AbeBooks.co.uk - ISBN 10: 0195367685 - ISBN 13: 9780195367683 - OUP USA - 2009 - Hardcover

9780195367683: Bounce: Living the Resilient Life ...

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: · ...

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Bounce: Living the Resilient Life - Robert J. Wicks ...

The ' Resilience ' book of Zolli and Healy (2012) takes you as a book in many forms of potential inspiration if we relook at the nature of life or refocus on how life is taking us towards more demand...

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Now in paperback, Prayerfulness, by Robert J. Wicks--therapist, speaker, and bestselling author of Riding the Dragon--examines what it means to live fully in the present moment, with eyes wide open to life and to God. Blending insights from Christian contemplation and Buddhist mindfulness, Robert J. Wicks offers a brilliant guide to cultivating a receptive and reflective

attitude to life. A rich array of insights--including seven practical steps, a thirty-day at-home retreat, and a "spiritual mindfulness questionnaire"--helps readers develop a loving, clear, and balanced outlook. Drawing from classic and contemporary spiritual writing, Wicks explores seven steps to growth in prayerfulness, including creating simple rituals, honoring life's fragility, facing difficulties directly, and befriending anger. Thirty days of reflections, quotations, and questions also guide readers to form or strengthen a practice of daily prayer. A special feature is the innovative spiritual mindfulness questionnaire, a set of thirty open-ended questions that lead to a clearer sense of how present one is to daily life. Filled with practical wisdom and rooted in sound psychological principles, Prayerfulness is a clear and simple manual to living fully in the present moment.

With over 50,000 copies sold, Riding the Dragon has for a decade made itself an indispensable spiritual and psychological guide to readers experiencing seasons of adversity. This anniversary edition includes a new introduction from the author with personal reflections and fresh perspectives on today's challenges. "Don't try to slay your dragons; learn to ride them!" Drawing on Eastern and Western traditions, psychologist Robert Wicks emboldens readers to face life's difficulties--the "dragons" that escape from the cave. Readers will find guidance and encouragement to engage problems as a means to growth and transformation, to ride their dragons rather than slay them or drive them back into their cave. Wicks fashions ten simple lessons on identifying and confronting the everyday dragons readers meet: from engaging darkness to finding simplicity to keeping perspective.

Draws on classic wisdom, research in cognitive behavioral therapy, and positive psychology and offers advice for overcoming doubt and resistance to openness.

Caring for our family members, friends, and others is a central part of a rewarding life. For those in healing and helping professions such as medicine, nursing, education, psychotherapy, social work, ministry, and the military, the potential for a meaningful way of being may even become more possible. But, compassion is not easy. At times, concern for others can be personally devastating when we don't possess the right attitude and approach. Reaching out (and reflectively within) without being pulled down requires the wisdom that only arises out of the right combination of humility and knowledge. Night Call offers the stories and principles gleaned over many years of writing and mentoring for those in the helping and healing professions. The stories are offered in ways that foster compassionate caring while encouraging initiative in those who seek to personally deepen and share their lives with others -- especially in times of significant need. With this in mind, Dr. Wicks presents information on: being a healing presence mining fruits of the failures all of us must experience at times the need to enjoy the daily "crumbs of alonetime" the importance of a spirit of "unlearning" developing a simple realistic self-care program valuing informal or formal mentoring recognizing the "3 calls" to which we must respond to as we psychologically develop honoring life's most elusive psychological virtue (humility) Purposely brief, the chapters, as well as the sections in the "personal resiliency retreat" section at the end of the book, have as their goal a reconsideration of values, signature strengths, and simple approaches to living a resilient, rewarding life. Rather than presenting new breakthroughs, Night Call is designed to dust off what most of us already know, at some level, so we can freshly view the key approaches and techniques that provide increased psychological self-awareness and a potentially healthier sense of presence to others. The themes offered may have been forgotten, or become undervalued/set aside because of some of society's dysfunctional norms or unhelpful family influences. In response, this simple, countercultural book combines the value of essential self-compassion with caring for others in ways that provide the impetus for further exploration of a fuller narrative for both the readers of this work and unforeseen opportunities as well for those who are fortunate enough to cross their paths.

One of the greatest gifts helping professionals can share with others is a sense of their own peace. However, retaining and renewing a sense of a healthy perspective requires not only self-care strategies, but also an awareness of basic profound, yet simple, wisdom themes. The Inner Life of the Counselor presents classic and contemporary wisdom that examines and explores each of these themes in a way that both professional and non-professional helpers will find revealing and meaningful in understanding their own journey. Informed by the author's over thirty years of experience as a therapist, mentor, and clinical supervisor of professional helpers?as well as by his expertise in resiliency and prevention of secondary stress?The Inner Life of the Counselor thoughtfully looks at those elements that encourage sustained personal growth and professional development, such as self-care, stress management, and mindfulness. Lively, practical, and marked by an elegant sense of simplicity, this nurturing book demonstrates how exploring the inner life can lead counselors to new wisdom and inner peace?not only for themselves but also for those who come to them for relief and insight. It is an invitation to pause, reflect, renew, and navigate one of contemporary society's most challenging yet rewarding professions.

The Navy SEAL, humanitarian and best-selling author of The Heart and the Fist draws on ancient wisdom and personal experience to counsel readers on how to promote personal resilience and overcome obstacles through positive action. 100,000 first printing.

Tracing some of the economic highs and lows that impacted the world in the aftermath of Hurricane Katrina, an introduction to the emerging field of resilience research explains how to approach disruptions in ecosystems, businesses and governments to better reinforce interdependent world systems. 40,000 first printing.

In this practical and hopeful book, the author leads readers on the path of sensitivity, encouraging them not to withdraw from the darkness in the world, while warning of the pitfalls of cynicism and burnout. Rooted in the richness of spiritual tradition, this book is indeed a guiding light for those who seek to live a sensitive life.