



Bounce Back and Thrive: Skills for Resilience (Paperback)

By Jeff Vankooten

Wrc2 Media, United States, 2017. Paperback. Condition: New. Wes Connell (illustrator). Language: English . Brand New Book ***** Print on Demand *****. As much as we might wish it, our world is not becoming more stable or easier to comprehend. The changes are just too prolific. So are the challenges to our personal lives and business as usual . It s crunch time. What does it takes to lead through such times? What are the abilities needed to succeed? How do you bounce back with robust resiliency? Extrapolating the latest social science studies on the strengths and virtues that enable individuals and communities to thrive, Bounce Back and Thrive is intended to help you pursue optimal human functioning by integrating the crucial skills that enhance resilience and strengthen resolve. About the Author Jeff Vankooten has a special passion for caregivers as a hospice chaplain, an adjunct faculty member for the Institute for Life Care, a senior consultant with the Caring Project, and a board member with the Invisible Disabilities Association. Learn more about Jeff at.

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