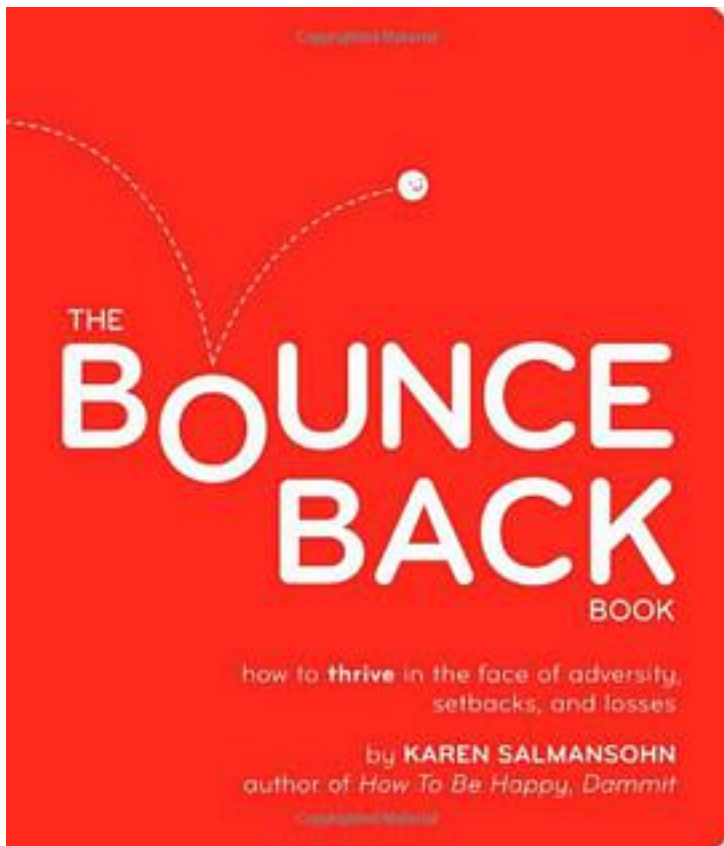


The Bounce Back Book



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著者:Karen Salmansohn

出版者:Workman Publishing Company

出版时间:2008-05-14

装帧:Paperback

isbn:9780761146278

In "The Bounce Back Book", the dynamic author whose quirky self-help books, including "How to Make Your Man Behave in 21 Days", "How to be Happy" and "Even God is Single", sell hundreds of thousands of copies, mixes from the gut wisdom, humour, feistiness, and sophistication to create a hip, inspiring resource that will brighten the darkest mood. The book is grounded in happiness research, psychological studies, Greek philosophy, it delivers. Here are 70 easily digestible,

potentially life-changing tips on how to bounce back from adversity, each on a spread that's as punchy in look as it is powerful in message. "Shrink negativity into nuggetivity." "Think of yourself as the type of person the world says yes to." With its attitude, techniques, and advice on everything from exercise to staying connected, it is a full-on guide to moving forward with great positive energy.

作者介绍:

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