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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.

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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 |
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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.

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Bounce: Living the Resilient Life by Robert J. Wicks

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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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