



Bouncing Back: How to Recover When Life Knocks You Down

Ronald L. Mann

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Bouncing Back: How to Recover When Life Knocks You Down reveals the behind-the-scene stories of world-class athletes from football, baseball, boxing, golf, tennis and track and field. Discover the 8 fundamental principles that prepare you for and drive peak performance during the most difficult times. Hear the direct stories from football legend, Jim Brown, baseball's Doug DeCinces and boxing legend, Jose Torres, World Long Drive Champion, Lee Brandon and more. These extraordinary people have overcome obstacles and obtained great success: learn from them! Dr. Ron Mann shares his expertise and wisdom in these interviews and shows you how to integrate these fundamental principles into your life. Learn the importance of and how to achieve, Adjustment, Individuation, Spiritual Awareness, Coachability, Heart, Positive Mental States, Emotional Intelligence and Self-Belief. These are key elements that will determine your success or failure in life. We live in changing and uncertain times. Many people feel lost, confused and fearful. The inspiration and information in "Bouncing Back" provides a psycho/spiritual roadmap that leads to peace of mind, mental clarity, strength of heart and openness to change. Take the self-analysis for each essential element and find out where you stand and how to progress. "Bouncing Back" opens a door to a world of meaning and success.

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