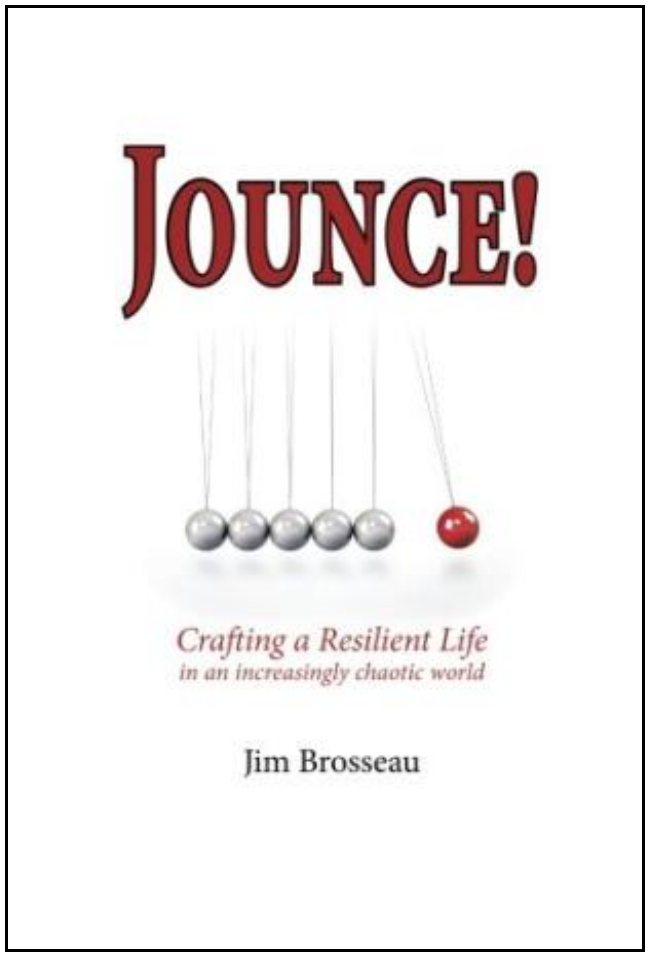
Jounce: Crafting a Resilient Life in an Increasingly Chaotic World (Paperback)



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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Its been written in an extremely simple way and is particularly only right after i finished reading this ebook where actually changed me, affect the way i really believe.

(Orin Blick)

JOUNCE: CRAFTING A RESILIENT LIFE IN AN INCREASINGLY CHAOTIC WORLD (PAPERBACK)

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Jim Brosseau, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Jounce is an actual physics term - it s the fourth derivative of position over time. Although the word is seldom encountered in science class, we all experience jounce as we live our lives: being jerked around in several directions at once. From a traffic ticket to bad news from your doctor to a global catastrophe, the sources of jounce are all around us. This book is about how to handle being jounced. For the author, what began six years ago as an angry response to a personal catastrophe has evolved into an appreciation for the journey he has indeed been on all his life, and a heightened awareness of how to continue that life with intention. As we work to craft a fulfilled life and a lasting legacy, it is daunting to deal with the growing concern about where our world and our place in it are headed, when only some factors are within our control. For most of us, it remains far easier to comfortably continue meandering through our daily existence, making ends meet, absorbed in social media, focused on the present, blissfully unaware of the storm clouds on our horizons. Beginning with the death in childhood of a school chum, Brosseau delves into the concepts of chaos and its effects on our well-being; how biology forms human nature and response to danger; the process by which we can begin to take control of chaos; and the need to be present in and committed to relationships, and to recognize and hone the skills that will empower us to create resilience. Jounce describes one person s strategy for building a more resilient life. It is an...

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