



REBOUND

Liberation From Crisis

PURPOSE OF THIS BOOK

When we experience a crisis, there may be many side effects, like sleeplessness, bad decisions, poor judgment and, worst of these, depression. All conditions of this nature have the power to overcome our minds, negatively shape our character, and change our lives. In fact, the further we fall into this state of mind, the stronger these feelings and actions become, and eventually we are not able to separate ourselves from them. It becomes hard for us to solve even the simplest problems. Our spirit gets dark and the willingness to live a happy and productive life disappears.

This book is full of tools, proven techniques and principles, which can help *rebound* you into a balanced, creative and prosperous life. Together they can help you develop a positive outlook for a

future full of accomplishments and enjoyment. They can help you rediscover and redefine your goals and priorities. These easy-to-use practices and principles will fit directly within multiple areas of your life, bringing strength, balance, harmony and clarity into your body, mind and spirit, ultimately giving you the ability to solve and deal with the obstacles you face.

I tried them all in the midst of my own dramatic financial and emotional crisis and they worked for me. Let me share them with you in the form of short stories so that they can work for you as well.

Welcome to *Rebound*.