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Ground breaking integration of modern brain science, relational psychology and mindfulness practices to help you skillfully cope with life's challenges, whether every day disappointments or extraordinary disasters. The book offers down to earth perspectives and dozens of powerful experiential practices for responding to pressures and tragedies quickly, adaptively, effectively.



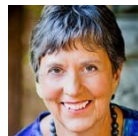
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### Featured Guest



#### Linda Graham

Linda Graham, M.F.T., has a full-time private psychotherapy practice in the San Francisco Bay Area and leads trainings nationwide on the emerging integration of relational psychology, mindfulness and neuroscience. She is the author of Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being

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