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### Inspired Journeys: Overcoming Adversity and Thriving Archives Available

August 13th 2013: **BOUNCING BACK: THE KEYS TO RESILIENCY**

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Why is it that some people can pick themselves up after a traumatic experience and move forward in life, while others remain stuck and unable to move on? In this hour, my guest, Linda Graham, will define resiliency and explain the role that our brains play in allowing us to compassionately "bounce back" from traumatic and stressful life events. We will also explore how to get our brains back on-line and restore a sense of equilibrium after an overwhelming experience occurs. We will discuss the importance of developing secure attachments, the ability to incorporate mindfulness, empathy, and acc

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### Featured Guest



#### Linda Graham, MFT

Linda Graham, MFT Linda has been an ardent practitioner and facilitator of personal growth and transformation for more than 20 years. As an experienced psychotherapist-consultant-trainer and meditation teacher in California, she integrates the teachings of modern neuroscience, mindfulness practices, and contemporary Western psychology into her nationwide trainings, workshops, and into her monthly e-newsletters. Linda's passion for integrating the paradigms of modern brain science, Western psychology and Eastern contemplative practices is distilled into skillful guidance that helps people shift out of old patterns of response to life events, to more flexible, adaptive patterns that lead

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