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Inspired Journeys: Overcoming Adversity and Thriving

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

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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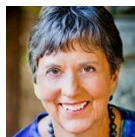
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Featured Guest



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

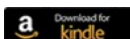
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