

Bouncing Back— thriving in changing times

From the Best-selling Series
WAKE UP...LIVE THE LIFE YOU LOVE

Survive? Why not Thrive?

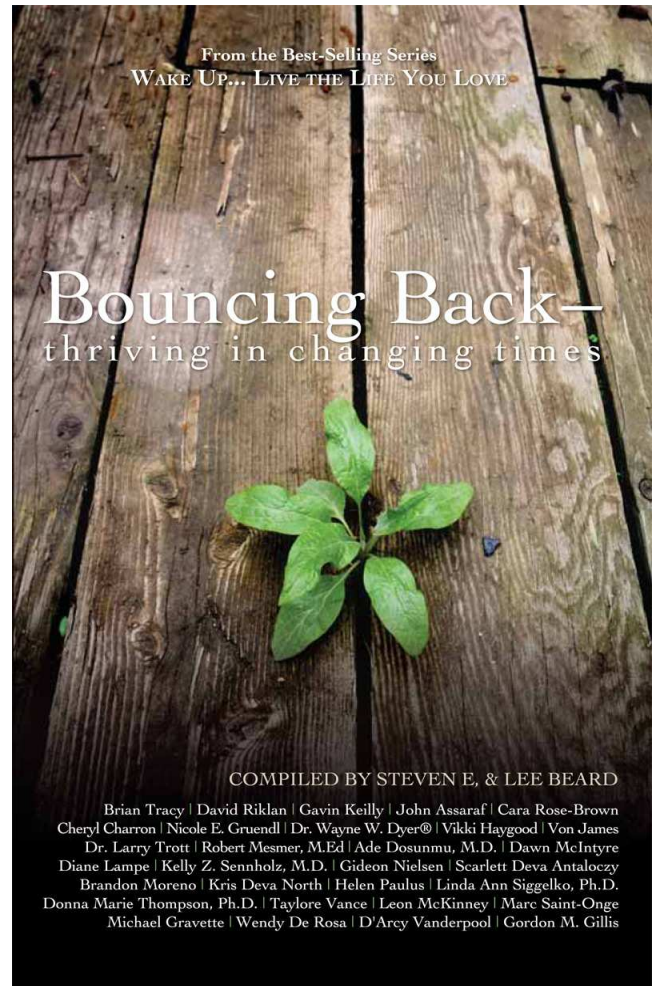
“Adversity happens! What makes the difference is the action you take to make a positive change to your life.” -
*Linda Ann Siggelko, PhD**

Bouncing Back—thriving in changing times
is a book of essays and insights that are a study in making those positive changes during challenging times.

Linda Ann Siggelko, as a contributing author to this book compiled by Stephen E and Lee Beard, describes her “serendipitous” illness which changed her life.

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**Linda Ann Siggelko, PhD is the owner of Ultimate U, a privately held company that helps people create self-care plans to promote health, wellness and the essence of living fully.*



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