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Disciplina	158.1
Soggetti	Self-help techniques Mental discipline
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Nota di contenuto	Contents; Preface; About the Author; Acknowledgements; Introduction: The Bounce Cycle; Crisis; Downturn; Bounce; Beyond the change curve; Opportunities; Bounce forward; PART I: The Bounce Principles; Chapter 1: Principle 1: Crisis creates opportunity; The biology of innovation; Habits: Crisis creates opportunity; How to ensure that crisis creates opportunity; The big picture: Adversarial growth; Chapter 2: Principle 2: Proximity is power; Habits: Proximity is power; How to ensure that proximity is power; The big picture: People power Chapter 3: Principle 3: Leveraging positivity to fuel successEmbrace the change process; Habits: Leverage positivity to fuel success; How to ensure that you leverage positivity to fuel success; The big picture: Positivity is a decision; Chapter 4: Principle 4: Bounce forward not back; Habits: Bounce forward not back; How to ensure that you bounce forward not back; The big picture: See your new future; PART II: The 12-Day Challenge; Chapter 5: The 12-Day Crisis Turnaround Challenge; Day 1: Create space-de-clutter your life; Day 2: Get real about the situation Day 3: Gather as much information as possibleDay 4: Determine control; Day 5: Decide who needs to know what and share information; Day 6: Identify the gaps; Day 7: Seek involvement and buy-in from all

involved; Day 8: Monitor results and fall forward; Day 9: Have fun; Day 10: Focus on the cause not the symptoms; Day 11: Throw out your excuse book and always bring a solution; Day 12: Identify and use your strengths; Conclusion: The power of bounce; Afterword: The bounce movement; Education; Aid; Empowering communities; INDEX

Sommario/riassunto

An inspiring business book that shows leaders and businesspeople how to turn adversity into innovation, productivity, and profitability When he was just twenty-six years old, Sam Cawthorn's life changed forever. A terrible car accident cost him his arm, left him in a coma, and put him in a wheelchair for the rest of his life-or so he thought. Today, Sam is one of the most successful motivational and inspirational speakers around, addressing some 100,000 people around the world each year, from some of the world's biggest companies. Sam's recovery was more than just a bounce back to whe
