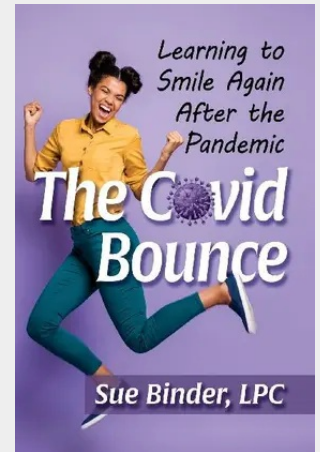


The Covid Bounce

Learning to Smile Again After the Pandemic

Healing from a life-changing crisis can be an incredible struggle, and recovering from a globally traumatic event like the COVID-19 pandemic might seem nearly insurmountable. But in truth, each person holds the power to internalize new life lessons and emerge from the pandemic stronger than before. This book provides the knowledge and tools for looking inward, assessing personal transitions spurred by the coronavirus and paving the way for a brighter post-pandemic life. Written by a behavioral therapist, this book is divided into three sections that address different psychological responses to COVID-19. Sections provide insights on mindfulness, journaling, communication skills, support systems and the importance of rituals and routines. An emphasis is placed on managing both physical and mental health and navigating pitfalls that can impact personal progress. A special section on the pandemic's effect on children and adolescents explores how caregivers can manage their own emotional responses. Finally, the book concludes with a straightforward recovery process that will provide renewal and purpose in the face of life's uncertainties.

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