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*Uplifting Personal Stories and Groundbreaking Practical Guidance for
Leveraging Crisis as a Catalyst for Emotional Growth and a More Meaningful Life*

BOUNCING FORWARD

The Art and Science of Cultivating Resilience

By Michaela Haas, PhD

"Bouncing Forward shows us how adversity can turn us toward our deepest inner resources of trust, wisdom, and love."—Tara Brach, PhD, author of *Radical Acceptance and True Refuge*

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**Transforming
Bad Breaks into
Breakthroughs**

Michaela Haas, PhD



One in five Americans has been laid off. Nearly fifty percent of first marriages end in divorce. Over nineteen percent of adults nationwide have suffered the death of a child. In 2016, 1.6 million people will be diagnosed with cancer, estimates the American Cancer Society. Yes, traumatic events happen to all kinds of people all the time. **Eighty-nine percent of us experience at least one traumatic event** in our lifetime. Whether it's an everyday trauma, like a job loss or car crash, or the "capital T" type, like a rape or illness, trauma affects each individual differently.

Why do some people fall apart after a trauma, while others grow stronger—more determined, confident, compassionate, and even more content? In *Bouncing Forward: The Art and Science of Cultivating Resilience* (Atria/Enliven), acclaimed author and journalist Michaela Haas, PhD, shares **powerful insights from survivors**. Through the lens of dramatic real-life stories, she explores the emerging, **revolutionary science of posttraumatic growth**—the study of exactly what it is that helps people transform adversities for greater good in their own life and the lives of others.

Leveraging stress as a force for personal development, posttraumatic growth is not reserved for the rare and heroic; in fact, it is much more common than posttraumatic stress disorder (PTSD). As research shows, 90 percent of trauma survivors report at least one aspect of posttraumatic growth, such as a renewed appreciation for life or a deeper connection to their heart's purpose. These benefits, however, do not happen immediately or easily. "We need to actively work towards positive change," Michaela emphasizes to anyone grappling with a traumatic event, "and we need the right tools and support."

Offering those very tools and that vital support, *Bouncing Forward* draws lessons and inspiration from Michaela's **intimate and highly interactive interviews** with trauma survivors—famous musicians, veterans, innovators, athletes, cancer patients, and everyday people. Readers will meet and learn from:

- Rick Allen, Def Leppard's one-armed drummer, who reconnected with his body and rechanneled his rage into supporting disabled veterans.
- Brigadier General Dr. Rhonda Cornum, a POW in the first Iraq war, who initiated a \$160-million army program to teach adaptability, realistic optimism, and other core skills to US Army recruits.
- Jesse Billauer, champion surfer and uncrushable spirit, who vowed to accept his disability and continue following his passion after a collision with a wave left him a quadriplegic.
- Dr. Temple Grandin, autistic pioneer, who learned how to overcome panic attacks by creating a "hugging machine" and alleviate physical pain by connecting with animals.
- Dr. Maya Angelou, celebrated activist and poet, who, in one of the last interviews before her death, reflected on how she rose above trauma, again and again, by stretching herself and rejecting society's labels. Dr. Angelou left Michaela a gift: the title for her book.

- The inspiring stories of jazz legend Coco Schumann, who survived Auschwitz by playing for his life; loss survivor and MADD co-founder Cindi Lamb; and others, including Michaela’s own transformative journey with illness.

Throughout, Michaela looks at crisis from various angles—physical, mental, emotional, psychological, and spiritual. She also lets readers in on what **distinguishes posttraumatic growth from resilience** (surprisingly, some of the least resilient people grow the most) and more than **sixty strategies** actual trauma survivors have used to turn pain and adversity into an advantage. Weaving together **engaging profiles, the latest scientific discoveries, and proven best practices**, *Bouncing Forward* is a **uniquely eye-opening, uplifting, and effective personal development guide** for everyone eager to make the most of life’s inevitable traumas and thrive.



About the Author:

Michaela Haas, PhD, has a personal history with posttraumatic growth. Michaela’s grandfather contracted polio as a child, suffered severe hardship in Nazi Germany and went on to live a life of meaning, spiritual richness, and family fulfillment. Inspired by his example, the **award-winning journalist, television host, author, scholar** and 20-year student of meditation, began a probing quest to understand how trauma survivors are able to “Bounce Forward” after she was diagnosed with a life-altering illness. Through gently connecting pioneering research to ancient Buddhist wisdom, she gives the reader a mind-body-spirit context for growth—grounded in spiritual insight. Her articles have appeared in the Washington Post, the Huffington Post, Psychology Today, Daily Beast, a.o. Visit www.MichaelaHaas.com

Praise:

“**Masterful hybrid of self-help and firsthand history.**—[Kirkus Reviews](#)

Bouncing Forward shows us how adversity can **turn us toward our deepest inner resources of trust, wisdom, and love.**—Tara Brach, PhD, author of *Radical Acceptance* and *True Refuge*

Bouncing Forward propels our entire understanding of posttraumatic growth to a new level. **Brilliant, inspiring, to be read, re-read, and treasured.**—Linda Graham, MFT, author of *Bouncing Back*

I **highly recommend** this book! This book is so important in the conversation about resilience....[and offers] some of the **most interesting research I’ve ever read.** I don’t think this has ever been done before.—Sheila Hamilton, [Kink FM](#)

This book is **phenomenal!**—Allen Cordoza, [Answers for the Family LA Talk Radio](#)

In an interview or guest article, Michaela can offer insight into:

- Can anyone learn to become more resilient? How?
- The difference between resilience and posttraumatic growth
- Scientifically proven strategies to foster healing, such as keeping a gratitude journal
- Why pursuing happiness can lead to unhappiness and what to pursue instead
- The importance of a support system to successfully dealing with tragedy
- How to support survivors—What to say and what not
- Forty percent of Americans say they do not have a purpose in life. How does this affect our ability to grow from a traumatic event?

Bouncing Forward: The Art and Science of Cultivating Resilience

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