



Jounce: Crafting a Resilient Life in an Increasingly Chaotic World (Paperback)

By Jim Brosseau

Jim Brosseau, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Jounce is an actual physics term - it's the fourth derivative of position over time. Although the word is seldom encountered in science class, we all experience jounce as we live our lives: being jerked around in several directions at once. From a traffic ticket to bad news from your doctor to a global catastrophe, the sources of jounce are all around us. This book is about how to handle being jounced. For the author, what began six years ago as an angry response to a personal catastrophe has evolved into an appreciation for the journey he has indeed been on all his life, and a heightened awareness of how to continue that life with intention. As we work to craft a fulfilled life and a lasting legacy, it is daunting to deal with the growing concern about where our world and our place in it are headed, when only some factors are within our control. For most of us, it remains far easier to comfortably continue meandering through our daily existence, making ends meet, absorbed...



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