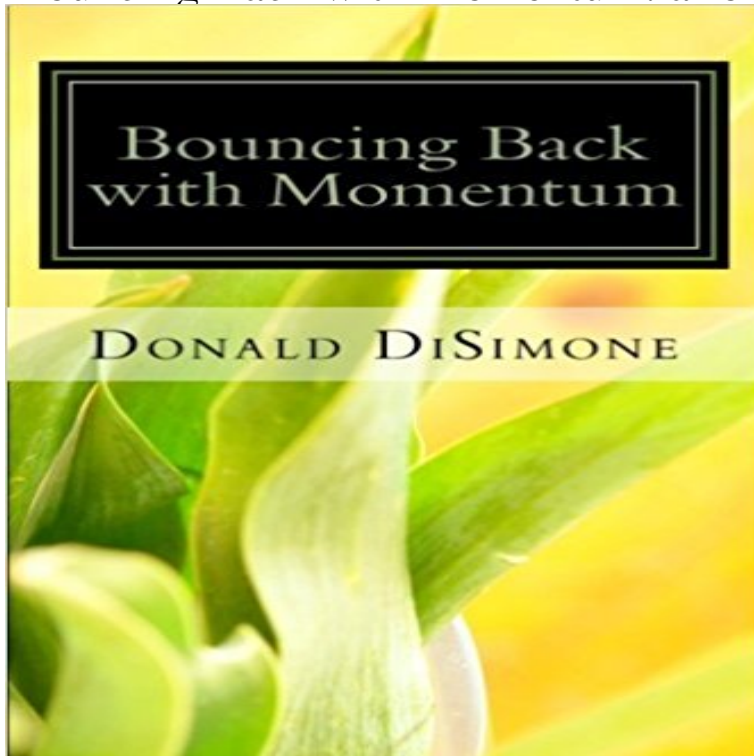


## Bouncing Back with Momentum: a formula for success in life



You can help others overcome a situation, but you cannot help them overcome a lifestyle. That has to be their decision. This book encourages the reader to use a simple formula to know their true value and worth as an individual. When one realizes how valuable they really are, they can begin to discover a greater purpose in life and become all that they can be, making a difference in their life and the life of others. Readers are encouraged to utilize the simple formula contained in this book to realize their value and in turn discover their ever unfolding purpose in life. Topics also include staying motivated, overcoming obstacles, designing your future, a system for a simple plan of action and more. Each section raises a few simple questions that the reader is invited to answer as well as an area to encourage note taking.

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coach will often assess your progress and alter things if necessary.

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