



# Bouncing back!

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## Secrets of Wellness

Accidents, catastrophes, abuse and even abandonment are among the various trials of life, which may inflict deep-seated physical and moral

wounds. How can you bounce back after such traumatic experiences? How can you recover your direction and joy of life? Resilience is the learned ability to successfully overcome the trials of life. It is a long-term and dynamic process, facilitated by the combination of various factors, such as faith, family links, the support of friends,

will power, perseverance, and at times, medical help. A tragic event need not signal an end to a meaningful life. It may be the incentive to rise to even greater heights and achievement despite the challenges! 💖

You can  
start today!

[www.secretsofwellness.org](http://www.secretsofwellness.org)

