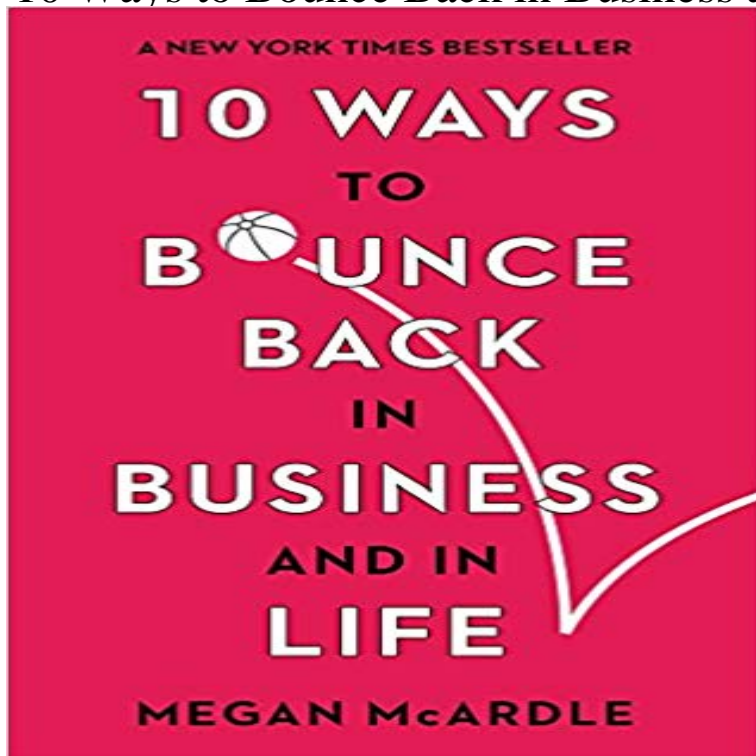


10 Ways to Bounce Back in Business and Life



Why do some failures inspire breakthroughs and others breakdowns? Most new products fail. So do most businesses. And most of us, if we are honest, have experienced a major setback in our personal or professional lives. Drawing on cutting-edge research in science, psychology and economics, *The Up Side of Down* argues that failure is how people and businesses learn. But you have to learn to fail well. Exploring her own experiences of failure losing her job and sending CVs into a void, desperately clinging to a relationship that was clearly not working McArdle shows how to recognize when you're in a rut and how to dig your way out and bounce back successfully. Thought-provoking and inspiring, *10 Ways to Bounce Back in Business and Life* just might change the way you see the world.

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