

For Immediate Release:

Judy Ames Stephens  
619-787-6991

[jasteph@kw.com](mailto:jasteph@kw.com)

[www.bouncebacktales.com](http://www.bouncebacktales.com)

## Local Real Estate Author Provides Essential Tools for Professionals to Overcome Set Backs and Loss by Learning Resiliency Techniques.

*Suicide among the Rich and Famous!*

*Addiction spikes in prescription and street Drugs!*

*Hopelessness about Job security in both Youth and Seniors...*

What do these issues have in common? When something goes wrong, too many people have no way to deal with a disappointment or problem. Instead, they turn to negative and destructive answers and because of their reaction, they fall into downward spiral, sometimes with no way out. When they see themselves as victims, they lose their true power to turn things around.

In this book, the author shows through authentic stories how resiliency was gained for herself and the clients she served. Some of the important points made are:

- The circumstances do not dictate the results of your situation; it is your response that creates it.
- Don't give up! Even when you don't admit it, you can sabotage your progress.
- Stop believing your story about being a victim. Instead become the Hero of your own life.

Judy Ames Stephens, the Award winning Author of "BOUNCE BACK, 12 Transforming Tales from The Resilient Realtor" will be available for book signing at: Barnes and Noble Mira Mesa, 10775 Westview Parkway, San Diego, CA 92126, Saturday, August 19, 2017, 1-4pm

She will be giving a short presentation about the book and the resiliency tools following by Q&A and book autographing for your book purchase.

Quote from Adam Markel, Former CEO of New Peaks Training Programs: *"Resilience is about being strong, taking a beating, and then coming back as something greater. When you are resilient, you become like a spring, meeting an opposing force and bouncing back again."*

### ARE YOU A VICTIM OR A HERO?

Is your story about success or is it a sad story of excuses? The Hero's path is always about overcoming fear and adversity through determination and courage. This book will show you the path you need to walk to become the Hero of your own life whether in business or in your personal relationships.

Judy Ames Stephens is a full time successful realtor in San Diego and South Bay. Together with her husband Bill, they achieved many awards and high production. With his passing, Judy was forced to regroup and turned to her earlier training in self-development to deal with her loss. Gaining new perspective and hope inspired Judy to write "Bounce Back" with a strong authentic desire to make a difference in others' lives, giving meaning to her own and to her beloved Bill.