



Getting Back Your Life: Recovering, Healing, and Prospering After the Great Recession of the 21st Century

Dr. Tim Brunson

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Millions of people experienced job loss, business failure, foreclosure, and even bankruptcy during the Great Recession of 21st Century. Now they seek to recover by finding a job, reestablishing their business, and repairing their credit. However, these tasks are made more difficult should they fail to accept that they must also heal both the financial and personal trauma that they have endured. Even more importantly, they must consider the adverse impact that failing to heal will have on their children and grandchildren. Getting Back Your Life is about recovering, healing, and once again experiencing life on your terms. Dr. Tim Brunson, also experienced many of the worst consequences of the Recession. Starting out in a family with meager expectations, he achieved phenomenal success, and then lost most of it soon after Lehman Brothers collapsed. However, as a former combat officer and an expert in human transformation, he has unique insights on how you can transition out of defeat and achieve future prosperity. This book is about understanding what happened, realizing your core assets, learning from adversity, reinventing yourself, and achieving lasting happiness and success.

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