



REBOUND

TRAIN YOUR MIND TO
BOUNCE BACK STRONGER
FROM SPORTS INJURIES

**AUTHORS CARRIE JACKSON CHEADLE & CINDY KUZMA GENRE/PRICE/PAGES
NON-FICTION/\$18/240 PAGES ON SALE DATE OCTOBER 15, 2019 PUBLISHER
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SYNOPSIS

Written by a leading mental skills coach and a contributing writer to *Runner's World*, this is a practical guide to building the mental skills athletes need to recover from injury and rebound stronger.

CARRIE JACKSON CHEADLE, M.A., CMPC, is a mental skills expert and nationally known for her expertise in sports performance and psychological recovery from injury. She is the author of *On Top of Your Game: Mental Skills to Maximize Your Athletic Performance*.

CINDY KUZMA is a Chicago-based journalist, author, and podcaster with a specialty in fitness and health, who contributes regularly to *Runner's World* and other print and online outlets.

REVIEWS

"A refreshingly innovative approach to injury rehab. *Rebound* teaches athletes how to leverage the power of mindset to face injuries head-on."

—Mackenzie L. Havey, author of *Mindful Running*

"This terrific new book focuses on an under-appreciated but essential aspect of sports medicine, the athlete's brain."

—Jordan D. Metzl MD, 35-time marathon runner and author of *Dr. Jordan Metzl's Running Strong*

"As a mental performance consultant, *Rebound* will be my go-to guide for injured athletes. A must-read!"

—Cindra Kamphoff, Ph.D., Certified Mental Performance Consultant, speaker and author