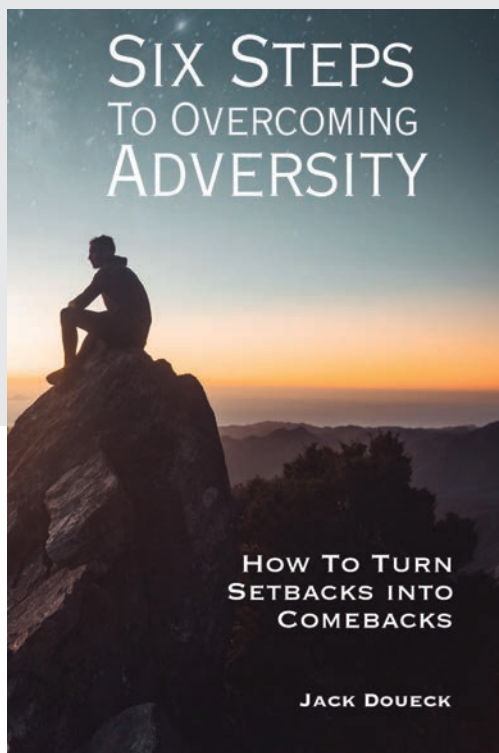


BOOKS



BOUNCE BACK BETTER

A REVIEW OF JACK DOUECK'S NEW BOOK
 "SIX STEPS TO OVERCOMING ADVERSITY:
 HOW TO TURN SETBACKS INTO COMEBACKS"

RABBI RALPH TAWIL

DID YOU EVER WISH THAT THERE WERE A "WAZE" FOR REROUTING YOUR LIFE WHEN YOU REACH ITS UNCHARTED TERRITORIES? WHEN YOUR PLANS FOR REACHING YOUR DESTINATION ALL GO SOUTH? WHEN YOU ARE NOT EVEN SURE IF THAT DESTINATION IS WORTH ACHIEVING? THIS IS WHAT CORONA 2020 FELT LIKE. IT WAS A YEAR FULL OF UNEXPECTED UPHEAVAL, TRAGEDY, DEATH, AND THE NEED FOR REROUTING YOUR LIFE ON THE PERSONAL, PROFESSIONAL, AND GLOBAL LEVEL.

Jack Doueck's newly released book, "Six Steps for Overcoming Adversity: How To Turn Setbacks Into Comebacks," could not have been timelier. Jack's bold use of his own personal stories of his company's collapse and personal loss is as riveting as it is revealing. We ride along with Jack on the roller-coaster of hopes raised high amid the economic collapse of 2008, only to go hurtling down the precipitous drop—hopes shattered to pieces on the hard rocks of having to deal with not only

broken promises and lies but even white-collar criminals. What makes his story even more courageous is that many of his former clients were family members, neighbors, close friends, and community members, which caused him unimaginable pain and anguish.

In addition to his own stories, Jack gleans inspiring stories of overcoming adversity from around the country and throughout history. He weaves stories from the corporate world, such as Toyota, Coca-Cola, and from regular

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people who were able to rise from devastating personal loss, into an engaging road map that helps you navigate even the most difficult of situations.

It is no wonder that NBA Hall of Famer, Rick Barry said that this book, “is a must read for anyone looking to make a comeback. Jack is like a great coach who put a terrific ‘game plan’ in place to achieve a victory. Be smart and join his team!”

So, what is the game plan?

It is quite easy to describe. We move from acceptance as the first step, through a few steps to appreciation and arriving finally at giving and taking action. The stories and exercises that Jack offers, help us internalize and recall these steps as needed. Recently, when I made a mistake on the town council where I served, Jack’s reminders helped me. I asked myself: “What is the lesson? How can I use this experience to help me grow? How can I make sure not to repeat the same mistake in the future? What in this painful situation can actually enrich my life?”

When we treat all of life’s blunders as learning opportunities, we reap the benefits of even big mistakes. The stories, coupled with theory and the exercises, and “cheat sheets” for gratitude, help us not only understand the concepts, but live and apply them as we better our lives.

This handbook is written for a general audience and therefore does not use professional jargon or Torah sources to make its points. I would love to see Jack write a version of his “Six Steps” written for a specifically Jewish audience where he can draw on his wealth of Jewish insights and Torah knowledge. On the other hand, this might be the area where each reader can add his own insights and Torah practices to bolster the ideas that Jack presents.

We all have periods in our lives where we are stuck, without knowing which way to turn—when even family and close friends lack the insight and experience to help us. Or we might be the friend that lacks the ability to help another. This book is valuable for helping ourselves and for helping those closest to us, family and friends who have suffered a setback.

Similar to Jack’s previous books “The Chesed



Jack

Boomerang: How Acts of Kindness Enrich Our Lives,” and “Joseph: How One Man Can Make a Difference,” Jack’s three-fold goal is to educate, inspire the reader with true stories, and make it practical. I believe he has achieved his goal again with this new book—his most personal one yet.

Jack Doveck is an experienced guide through the hellish jungle of depression and despair that is loss—financial and personal. With his astute mentoring and lucid road map you can be sure to reemerge into vitality and success not only with renewed energy, but also with insights that you could only have gained by living through the pain. Incredibly, “Six Steps to Overcoming Adversity” will leave you grateful for the development and evolution that you have undergone because of the loss. □

Rabbi Ralph Tawil, author of “Shabbat Table Talks,” lives in a small hilltop town on the edge of the Judean wilderness.