



# What Just Happened?: How To Bounce Back in Life so You Can Do More, Have More, and Be More

*Jimmy Burgess*

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## **What Just Happened?: How To Bounce Back in Life so You Can Do More, Have More, and Be More**

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What Just Happened? How to Bounce Back in Life So You Can Do More, Have More, and Be More is an inspiring guide on how to overcome life's obstacles. Jimmy Burgess walks the reader through seven simple steps on how-to move from where you are now to where you want to be. His transparency in regards to personal setbacks related to financial issues, health problems and family relations reveal how he was able to rebound to a life of more. More peace, more joy, more love, and more of everything else this world has to offer.

Whether your struggle is or has been financial, relational, physical, or all of the above, the struggles of your life have come to pass and not to stay. This is your moment to find hope, a plan of action, and excitement about your future. This is the book to help get you started on that path.

What others are saying about What Just Happened?:

The seven steps Jimmy shares in his book are almost identical to the ones I used in my life after retiring from the NFL. What many viewed as a set-back (leaving the NFL), I was able to turn into a set-up. This led me to the purpose of my life which is to impact the lives of the next generation on a daily basis. I highly recommend this book to anyone that wants to take their life to a whole new level of, as Jimmy puts it, "more."

Dexter McNabb, Retired NFL Player, Current Associate High School Principal

In What Just Happened?, Jimmy provides an easy-to-follow game plan that will equip the reader to recognize and overcome adversity. His transparency and perseverance throughout the book will encourage the reader to reach higher and higher. In the end the reader realizes that he, too, can do this, he too can overcome ! A must read for all families.

Jimmy Sharpe, Former Head Coach of Virginia Tech University, Former University of Alabama Player and Assistant Coach under Paul "Bear" Bryant, 4-time National Champion

I believe anyone that reads this book will be blessed and if they will inculcate it into their daily lives they can be successful in any venture for which they have a passion.

Dr. Thomas Terry Hopper, Inductee of the Mobile Sports Hall of Fame. Two Time National Champion Coach Men's and Women Golf at The University of Mobile

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#### **Lisa Knight:**

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