



# Business from Bed: The 6-Step Comeback Plan to Get Yourself Working After a Health Crisis

*Joan Friedlander*

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When people are remanded to their beds or their homes by a prolonged health crisis it can become a time of deep reflection, prompting a person to reevaluate assumptions that have formed the basis for many life and business decisions. As one moves away from a time of ill health and pain, back towards wellness, it is easy to forget what you said you would do differently and gallop back to business as usual.

The 6-step comeback plan outlined in *Business from Bed* will help the reader combat this normal tendency. Joan Friedlander (herself diagnosed with a chronic disease) outlines steps that are designed to help the reader successfully integrate their emotional, social and physical healing with the practical aspects of rebuilding their business. Specifically, steps one, two and five guide the recovering entrepreneur to remain mindful and patient as they experience the normal ebb and flow of physical, mental and emotional recovery. The reader finds that steps three, four and six assist with the practical and tactical aspects of rebuilding a business, or preparing to go back into the mainstream of the job market.

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