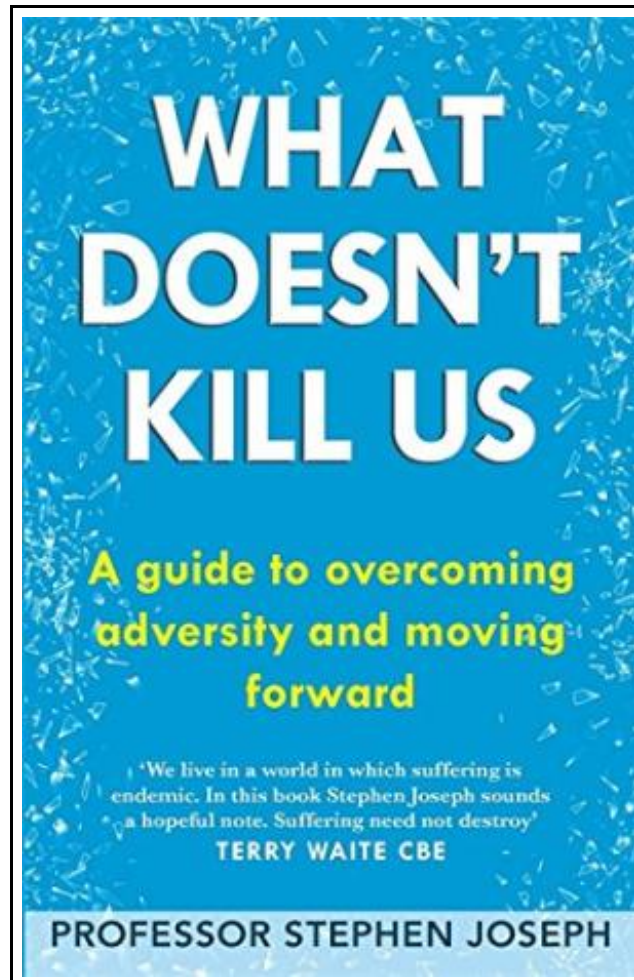


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WHAT DOESN'T KILL US: A GUIDE TO OVERCOMING ADVERSITY AND MOVING FORWARD



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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, What Doesn't Kill Us: A Guide to Overcoming Adversity and Moving Forward, Stephen Joseph, Research has shown than anywhere from 30 to 90 per cent of people confronted by tragedy, horror and adversity emerge as wiser, more mature and more fulfilled people, sometimes despite great sadness. Relationships become stronger. Perspectives on life change. Inner strengths are found. For the past twenty years, Stephen Joseph has worked with survivors of trauma and sufferers of posttraumatic stress. In this groundbreaking book, he boldly challenges the notion that trauma and its aftermath devastate and destroy the lives. His studies have shown that a wide range of traumatic events - from illness, separation, assault and bereavement to accidents, natural disasters and terrorism - can act as catalysts for positive change, strengthening relationships, changing one's perspective and revealing inner strengths. In What Doesn't Kill Us, Stephen Joseph shares the six steps we can all use to manage our emotions and navigate adversity to find new meaning, purpose and direction in our lives.

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