



The Gift of Adversity: The Unexpected Benefits of Life's Difficulties, Setbacks, and Imperfections

By Rosenthal MD, Norman E

Tarcher, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Winner of the 2014 Nautilus Award represents "Better Books for a Better World" the Silver Award in the category of Heroic Journeys. "Dr. Rosenthal catalyzes conversations around adversity with tales of wisdom and survival that we can all treasure." Mehmet C. Oz, M.D. "Insightful . . . could help many of us cope with life's inevitable obstacles . . . The book's titular message that adversity can be a gift is especially relevant now." Jane Brody, The New York Times "Will help you see the value in your struggles. Arguing that personal growth can't happen without setbacks, Norman Rosenthal challenges readers to re-interpret adversity as a key element of empathy, maturity, and success." New York Daily News "Rosenthal captures both the complexity of our emotions and the pragmatics needed to harness them." Andrew Solomon "I really loved Dr Rosenthal's book. adversity can be a great teacher" David Lynch "Norman Rosenthal is a psychiatrist with a special talent for turning research evidence into practical advice." Peter D. Kramer, M.D, Bestselling author of Listening to Prozac "Dr. Norm is cosmonaut of consciousness, launching into the the murky abyss and returning...



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