

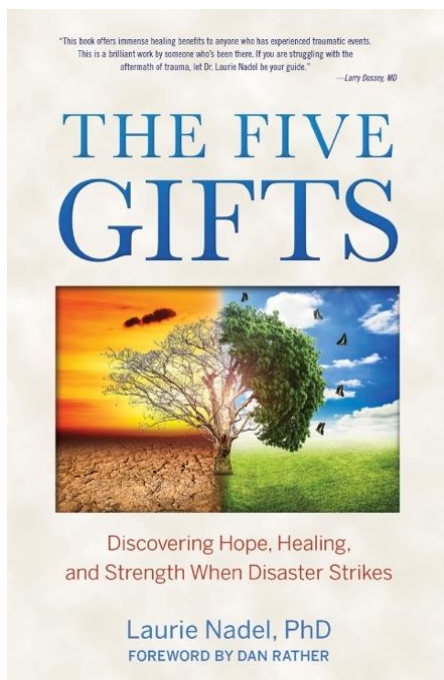
For Immediate Release

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Disaster Strikes. Media Swarms. The Cameras Leave. And Then the Real Story Begins. Seasoned Journalist and Psychotherapist Shares Groundbreaking Tools for “Emotional First Aid”



THE FIVE GIFTS

*Discovering Hope, Healing and Strength
When Disaster Strikes*

By Laurie Nadel, PhD

**Foreword by Award-Winning Journalist
Dan Rather**

"When it comes to teaching how to get up after being knocked down, how to not just survive life's hardest blows but eventually thrive, nothing beats a teacher who has learned through personal experience. I'll be surprised if you don't find this book highly readable and the information in it unusually accessible and easy to understand, digest, and put to use . . ."

—Dan Rather

From deadly school shootings, crippling terrorist bombings, and vicious sexual assault to devastating hurricanes, crushing mudslides, and life-altering financial collapse—we live in a tumultuous age. While no one thinks tragedy will happen to them, many of us still try to prepare by planning evacuation routes and packing Go Kits. However, almost none of us are prepared for the *emotional* fallout that comes **after** the cameras leave. In **THE FIVE GIFTS: Discovering Hope, Healing, and Strength When Disaster Strikes** (HCI Paperback Original; April 3, 2018; \$15.95)—with a Foreword by Dan Rather—seasoned journalist, scholar, and practicing psychotherapist Dr. Laurie Nadel offers a psychological roadmap through cycles of shock and trauma to help readers discover new meaning, renewal, and peace after disaster.

As a journalist who covered tragedies around the world, Nadel saw the urgent need to help people whose lives were shattered by violence. As a therapist, she created “emotional first aid tools” to calm acute stress reactions after catastrophes and led a program for teenagers whose fathers were killed in the September 11th attacks. But it was when her own home was destroyed by Hurricane Sandy in 2012 that she discovered the FIVE GIFTS that helped her rebuild her life: **humility, patience, empathy, forgiveness, and growth**. Informed by research, grounded in science, and tested through hard-earned practice in the field, each chapter offers tools to calm mind, body, and spirit, plus inspiring interviews with first responders and survivors of such major events as the Thailand tsunami, the Rwandan genocide, and the Boston Marathon bombing.

In **THE FIVE GIFTS**, readers discover:

- The science behind the 5 Gifts
- Lessons from firefighters and police officers on how to handle acute stress
- Hypervigilance, peanut M&Ms & other things to pack in your “Psychological Go Kit”

- Innovative ideas for Emotional First Aid (EFA)
- The most important thing Dr. Nadel learned after losing her home in Hurricane Sandy
- Why it isn't negative to think about traumatic events
- How to spot the signs of PTSD and how to help someone who suffers from it
- How to build a proactive mindset
- Dr. Laurie's Pocket Guide to Self-Care for Acute Stress (adapted from SWAT team instructions)
- Five Minutes a Day—Guides to help you cultivate each of the 5 Gifts. Exercises include cognitive restructuring, asking what others need, meditating, actualizing forgiveness, creating meaning and purpose, and more.

As the pace and strength of disasters increase, Dr. Nadel says, “we need new thinking, new ways of processing intense emotions, and new behavioral choices. It is my hope that **THE FIVE GIFTS** can serve as a beacon to shine light in the darkness so that you can navigate to a new place of hope and strength.”

ABOUT THE AUTHOR

Laurie Nadel, PhD., is an expert on mental health and climate change. She has been interviewed in *The New York Times*, *National Public Radio*, *Reuters*, and *CNN.com*. A specialist in acute stress, she is a member of a critical incident stress management team working with first responders. After losing her home to Hurricane Sandy, Dr. Laurie ran long-term support groups for survivors. From 2003 to 2005, she directed a program for teenagers whose fathers were killed in the 9/11 World Trade Center attacks and wrote the script for *After the Fall: The Rise of a 9/11 Community Center*, narrated by Dan Rather.

Her four-time bestseller, *Sixth Sense: Unlocking Your Ultimate Mind Power*, was featured twice on *Oprah*. A journalist for twenty years, Laurie Nadel reported for *Newsweek* and *United Press International* in South America, wrote TV news for *CBS*, *ABC News* and *Reuters Television*, and was a religion columnist for *The New York Times' Long Island* section. She also helped create the Committee to Protect Journalists, an organization which since 1981 has fought for the rights of journalists around the world. **THE FIVE GIFTS: Discovering Healing, Hope and Strength When Disaster Strikes** is her seventh book. For more information, please visit www.laurienadel.com.

Available wherever books are sold or directly from the publisher.

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Laurie Nadel, PhD
Foreword by Dan Rather
ISBN 9780757320446
April 3, 2018 – \$15.95 – 272 pages – Paperback Original

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Advance Praise for Dr. Laurie Nadel's THE FIVE GIFTS

"This book offers immense healing benefits to anyone who has experienced traumatic events. This is a brilliant work by someone who's been there. If you are struggling with the aftermath of trauma, let Dr. Laurie Nadel be your guide."

—Larry Dossey, MD, *New York Times* bestselling author

"Dr. Laurie Nadel is one of the strongest voices in the field of psychotherapy today. Through thoughtful guidance, Dr. Nadel offers us a way to avoid absolute shut down. More warrior chest than toolkit, THE FIVE GIFTS gives us the armor needed to live our best lives with fearless purpose."

—Bernice Elizabeth Green, *Our Time Press*

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