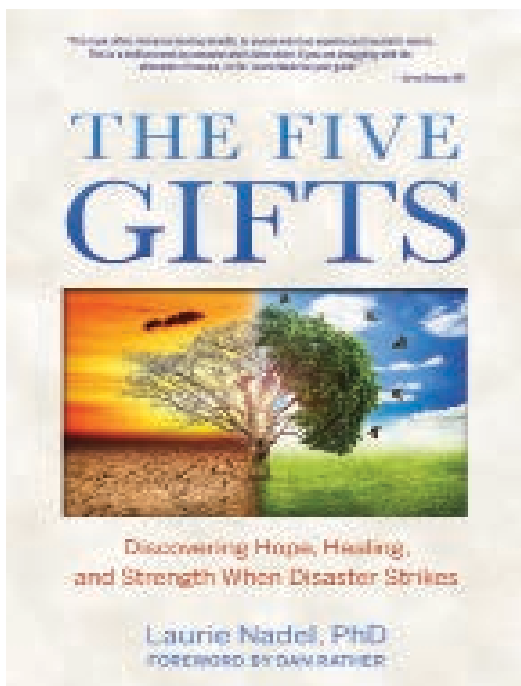


Accepting Adversity



Psychotherapist Nadel (*Sixth Sense: Unlocking Your Ultimate Mind Power*), a specialist in acute stress, trauma, and anxiety issues, pulls from her professional training and personal experience to pave a path for getting through stressful events, whether catastrophic (Hurricane Sandy) or personal (ending a relationship). Nadel shares stories from survivors of 9/11 and the Rwandan genocide and offers five keys, or gifts, for persevering and thriving: humility, patience, empathy, forgiveness, and growth. She also delves into the areas of financial strain and institutional betrayal, which makes her wisdom relevant for anyone wading through such troubled waters.

★ Nadel, Laurie. [The Five Gifts: Discovering Hope, Healing, and Strength When Disaster Strikes](#). Apr. 2018. 264p.