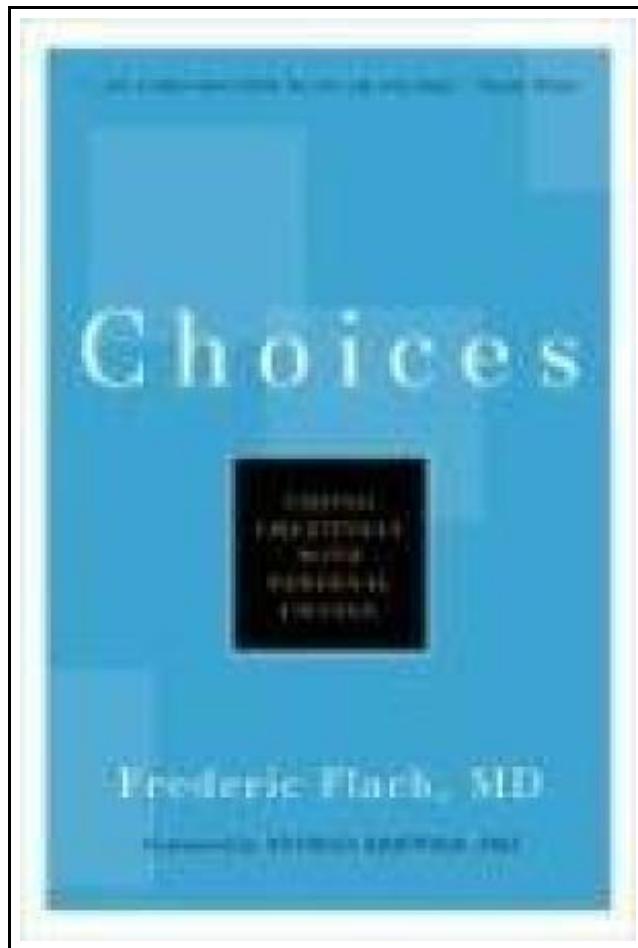


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Hatherleigh Press,U.S. Hardback. Book Condition: new. BRAND NEW, Choices: Coping Creatively with Personal Change, Frederic Flach, Stanley Krippner, ""It is resilience that gives us the power to be genuinely free and to decide, throughout our lives, who and what we are, what we hope to do and become, and what moral considerations will shape our choices."--Dr. Frederic Flach, M.D. "Create Strength from Stress We have all had times in our lives where it all seems to fall apart, and we find the need to redefine ourselves, our goals, our ambitions, in the face of new challenges. Many view these experiences as negative; it is easy to see why, they are often painful times. Yet falling apart, as Dr. Frederic Flach argues in his classic book, "Choices," is very important because it gives us the opportunity to put ourselves back together in a new and creative way. "Choices" address the topic of stress, but more importantly, the way in which stress provides the basis for our growth as individuals. There is no doubt that at some point in our lives each of us will feel stressed, perhaps because of a specific event, or perhaps in an ongoing way simply due to our lifestyle. Adapting to this stress, seeking new ways to manage it and cope with it without merely ignoring it, is often the sign of a healthy individual. There is a unique kind of stress however, that makes us change, which forces us to bend and renew ourselves-or break under its pressure. It is this stress which Dr. Flach argues is vital to maturity, and is integral to growth. Whether it is the stress of finding a job after college, of middle-age, of the end of a marriage or relationship, it is the opportunity to grow, and is in fact...

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