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The Choice is a reminder of what courage looks like in the worst of times and that we all have the ability to pay attention to what we've lost, or to pay attention to what we still have."—Oprah
"Dr. Eger's life reveals our capacity to transcend even the greatest of horrors and to use that suffering for the benefit

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of others.

The Choice: Embrace the Possible: Eger, Dr. Edith Eva ...

THE CHOICE: Embrace the Possible. Internationally acclaimed psychologist Dr. Edith Eger—one of the last remaining Holocaust survivors—tells her unforgettable story in this moving testament to the resilience of the human spirit and the power of choice in our lives. At the age of sixteen, Edith Eger, a trained ballet dancer and gymnast, was sent to Auschwitz.

THE CHOICE: Embrace the Possible - The Book - Dr. Edith Eger

The Choice: Embrace the Possible
Paperback - September 4, 2018. by Dr. Edith Eva Eger (Author) 4.8 out of 5 stars 3,008 ratings. #1 Best Seller in Dancer Biographies. See all formats and editions. Hide other formats and editions. Price. New from. Used from.

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Eger, Dr. Edith Eva ...

This book is more than a holocaust memoir. Look at the title--The Choice: Embrace the Possible. It does detail the author's holocaust experiences, but it goes further. Its primary focus concerns how to live life after surviving a trauma, any trauma. It is more about living than it is about death. The tone of the book is positive, not negative.

The Choice: Embrace the Possible by Edith Eger

The Choice is a reminder of what courage looks like in the worst of times and that we all have the ability to pay attention to what we've lost, or to pay attention to what we still have. Oprah. The Choice uses Eger's journey to teach readers how they, too, can triumph over trauma. Broadly.

The Choice: Embrace the Possible by Edith Eva Eger ...

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"I'll be forever changed by Dr. Eger's story...The Choice is a reminder of what

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It reminds us that, despite everything,
we're lucky and can still change our

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reality. Our first suggestion of September comes to rock our world, and tells us that the path is not strewn with roses.'The Choice: Embrace the Possible' is a book by Edith Eger, which could be just a simple transcript of a conversation.

Josefinas' Book Club: 'The Choice: Embrace the Possible ...

The Choice: Embrace the Possible. by Edith Eger. 4.54 avg. rating · 14,743 Ratings. It's 1944 and sixteen-year-old ballerina and gymnast Edith Eger is sent to Auschwitz. Separated from her parents on arrival, she endures unimaginable experiences, including being made to dance for the.... Want to Read.

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She explains how many of us live within a mind that has become a prison and shows how freedom becomes possible once we confront our suffering. Warm,

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wise and compassionate, The Choice offers profound insights into the nature of human suffering, and our capacity to heal.

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The Choice : Embrace the Possible by Edith Eva Eger

[PDF] Download The Choice: Embrace the Possible Ebook | READ ONLINE Click button below to download or read this book Description Winner of the 2017 National Jewish Book Award The Choice is a powerful, moving memoir and a practical guide to healing written by Dr. Edith Eva Eger, an eminent psychologist whose own experiences as a Holocaust survivor help her treat patients and allow them to escape the prisons of their own minds.

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survived the Holocaust. Edith Eva Eger is
the author of this fascinating book. She
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