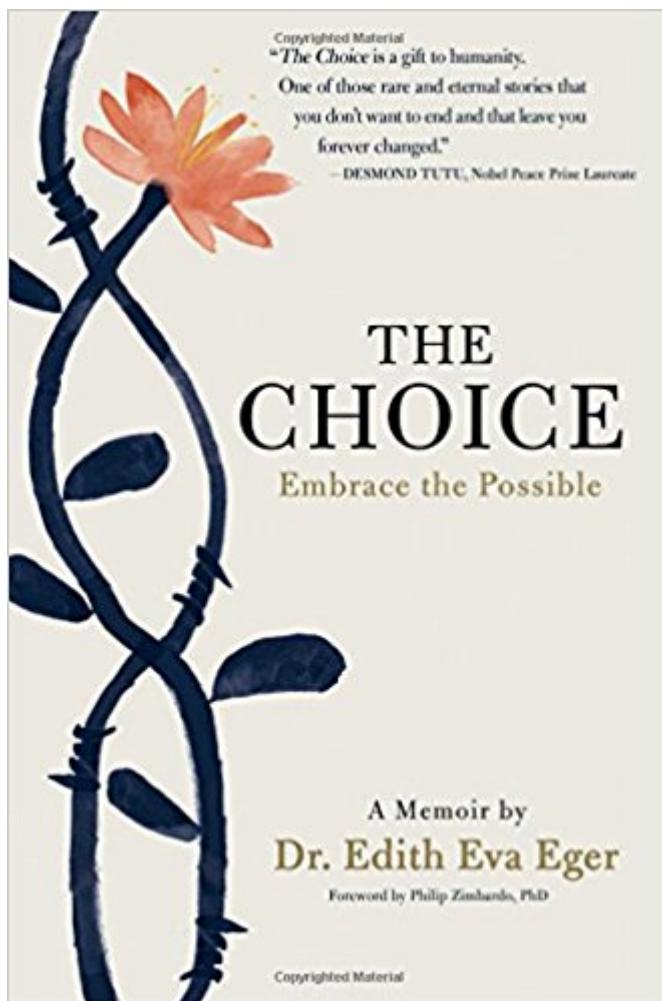


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The Choice: Embrace The Possible



Synopsis

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. Edith Eger was sixteen years old when the Nazis came to her hometown in Hungary and took her Jewish family to an interment center and then to Auschwitz. Her parents were sent to the gas chamber by Joseph Mengele soon after they arrived at the camp. Hours later Mengele demanded that Edie dance a waltz to "The Blue Danube" and rewarded her with a loaf of bread that she shared with her fellow prisoners. These women later helped save Edie's life. Edie and her sister survived Auschwitz, were transferred to the Mauthausen and Gunskirchen camps in Austria, and managed to live until the American troops liberated the camps in 1945 and found Edie in a pile of dying bodies. One of the few living Holocaust survivors to remember the horrors of the camps, Edie has chosen to forgive her captors and find joy in her life every day. Years after she was liberated from the concentration camps Edie went back to college to study psychology. She combines her clinical knowledge and her own experiences with trauma to help others who have experienced painful events large and small. Dr. Eger has counselled veterans suffering from PTSD, women who were abused, and many others who learned that they too, can choose to forgive, find resilience, and move forward. She lectures frequently on the power of love and healing. The Choice weaves Eger's personal story with case studies from her work as a psychologist. Her patients and their stories illustrate different phases of healing and show how people can choose to escape the prisons they construct in their minds and find freedom, regardless of circumstance. Eger's story is an inspiration for everyone. And her message is powerful and important: "Your pain matters and is worth healing: you can choose to be joyful and free." She is eighty-nine years old and still dancing.

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Customer Reviews

âœThe Choice will be an extraordinary book on heroism, healing, resiliency, compassion, survival with dignity, mental toughness, and moral courage. It will appeal to millions of people who can learn from Dr. Egerâ™s inspiring cases and shocking personal story as well as her profound clinical wisdom to heal their lives.â • (Philip Zimbardo, Ph.D., Stanford Professor Emeritus of Psychology, Author of the New York Times-Bestselling The Lucifer Effect: Understanding How Good People Turn Evil)"I would take Edie Eger on an Op with me any day." (U.S. Navy SEAL Commander (Ret) Mark Divine, Bestselling author of The Way of the SEAL and Unbeatable Mind)"Lifeâ™s experiences can lead to contraction and grief and to expansion and love. The story of Edie Egerâ™s WWII era experiences and her subsequent growth and life path is an incredible journey and victory of the human soul over the pain of human degradation." (Stephen Robinson, CEO, MAGIS Group LLC, Specialist in Optimal Performance under Stressâ„¢ (OPSâ„¢) training)"We brought Dr. Eger to work with our most troubled military personnelâ"people grappling with the most intense emotional scars from their experience in battle. Dr. Eger is a healer of the highest order. Personally, I have learned from this gifted human being, this indomitable survivor, this accomplished therapist more about humanityâ"and sufferingâ"and resilience, than all my advanced degrees put together. Dr. Eger has informed and inspired me more than any other role model in my practice of thirty years. This effervescent, brawny, octogenarian has more than a story to tell, a therapy to offer, a journey to guide; she brings us to a new way of being." (U.S. Navy Capt. Robert Koffman, M.D., Former Director of Deployment Health/Psychological Health)"The Choice is a gift to humanity.â One of those rare and eternal stories that you don't want to end and that leave you forever changed.â Dr. Eger's life reveals our capacity to transcend even the greatest of horrors and to use that suffering for the benefit of others.â She has found true freedom and forgiveness and shows us how we can as well." (Desmond Tutu, Nobel Peace Prize Laureate)"A more important book for our times is hard to imagine" (The Bookseller)"A poignantly crafted memoir...a searing, astute study of intensive healing and self-acceptance through the absolution of suffering and atrocity.â • (Kirkus, starred review)âœDr. Edith Eva Eger is my kind of hero. She survived unspeakable horrors and brutality; but rather than let her painful past destroy her, she chose to transform it into a powerful gift â" one she uses to help others heal.â • (Jeannette Walls, author of

The Glass Castle)â œEger present a searing firsthand account of surviving the Holocaust in this heartfelt memoir of trauma, resilience, and hopeâ | Â Offering a gripping survival story and hard-won wisdom for facing the painful impact of trauma on the human psyche, this valuable work bears witness to the strength of the human spirit to overcome unfathomable evil.â • (Library Journal)â œThe Choice is more than an eloquent memoir by Holocaust survivor and psychologist Edith Eva Eger. It is an exploration of the healing potential of choice. . .Â Eger is not suggesting that she is unscarred by her experience, but that she lives a life filled with grace. The Choice is not a how-to book; it is, however, an invitation to choose to live life fully.â • (Book Page)

An eminent psychologist and one of the few remaining Holocaust survivors old enough to remember life in the camps, Dr. Edith Eger has worked with veterans, military personnel, and victims of physical and mental trauma. She lives in La Jolla. The Choice is her first book.

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