



What Doesn't Kill You Makes You Stronger: Turning Bad Breaks Into Blessings

Maxine Schnall

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Perhaps the hardest thing to remember in the throes of a crisis is that every bad break can also be a blessing. Indeed, there are always unexpected benefits in misfortune, provided we meet our crises with a shift in outlook. Born of the author's own terrible trauma, *What Doesn't Kill You* presents hard-won advice and practical exercises to help readers most effectively navigate the winding path from loss to regeneration. Rich with stories of people who have come through tragedy to find new or different meaning in their lives—from the author's own story of her daughter's near-fatal car accident to the experiences of survivors of the September 11 attacks—*What Doesn't Kill You* will help readers not simply survive adversity but harvest a new kind of strength from it.

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