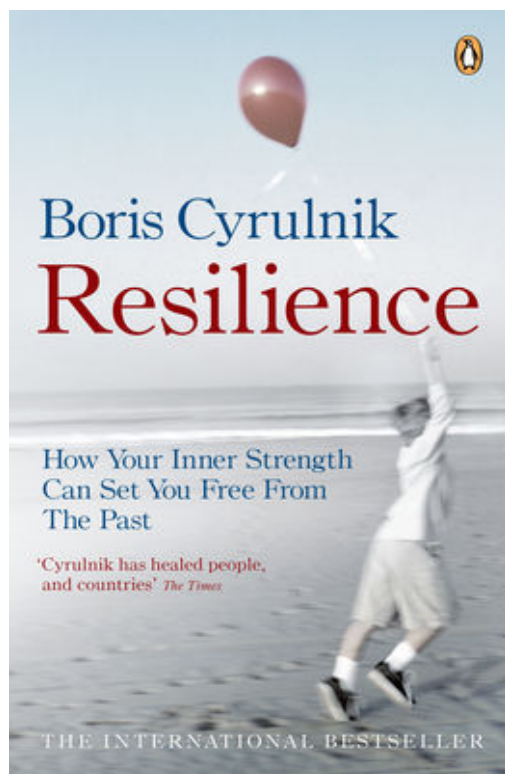


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Many of us experience pain in our childhoods, and young people face trauma all over the world. How is it possible to recover? Do those abused always go on to hurt others? This incredible bestseller has overturned the way we view trauma, by showing how the extraordinary power of resilience can heal damaged lives.

Renowned psychoanalyst Boris Cyrulnik has dealt with many young victims of distress and he relates stories of children who have been abused, orphaned, fought in wars and escaped genocide, yet who have not only survived, but grown in the face of adversity. By the way we deal with our memories and emotions, he shows, we can reshape our lives and transform pain into something stronger - just as a grain of sand in an oyster becomes a pearl.

Resilience is not just about resisting; it is about learning to live. This life-changing book points the way towards hope and happiness.

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