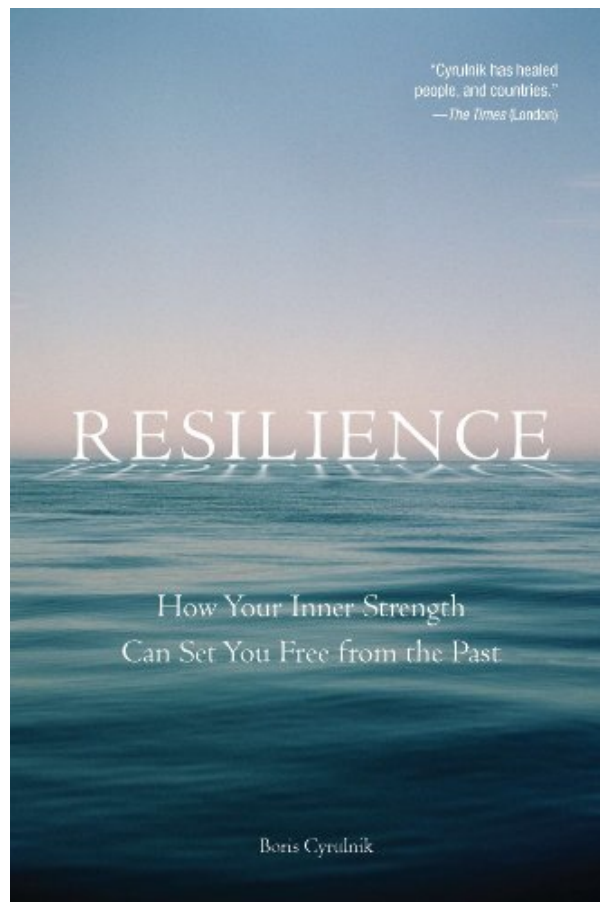


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"Cyrulnik has healed
people, and countries."
— *The Times* (London)

RESILIENCE

How Your Inner Strength
Can Set You Free from the Past

Boris Cyrulnik

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"Cyrulink has healed people and countries." (The Times, London)

Renowned French neuropsychiatrist and psychoanalyst Boris Cyrulnik's parents were deported to a concentration camp during the Second World War. They never returned. This early personal trauma at the age of five led Cyrulnik to his life's work helping individuals and countries come to terms with their pasts and forge ahead to create positive futures. It is his firm belief that trauma does not equal destiny-that, rather, we can find strength in the face of pain.

Drawing on years of experience working around the globe with children who have been abused, orphaned, fought in wars and escaped genocide, Cyrulnik here tells many amazing and moving stories of individuals whose experiences prove that suffering, however appalling, can be the making of somebody rather than their destruction. This inspiring book teaches us that we can not only survive in the shadow of adversity-we can thrive.

- Sales Rank: #820749 in eBooks
- Published on: 2011-02-17
- Released on: 2011-02-17
- Format: Kindle eBook

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Learn why some people manage to be resilient after horrific tragedies

By Been there

Resilience is an English translation of the book written by a renowned French psychologist, Boris Cyrulnik, who lost his parents at the age of 5 to the concentration camps in 1942. He was subsequently abused by his foster parents.

The first part of the book addresses the experiences and responses of people, especially children, who have suffered systemic horrors such as wars, natural disasters, and genocide. There is much discussion of the special problems of children who are orphaned and how these children often leverage this early tragedy into a successful life.

In the second half of the book, Dr. Cyrulnik begins to weave in observations about children who were abused by their own families, and then the book becomes more relevant to American readers looking to gain insight into how one recovers and processes a history of childhood abuse.

The translation successfully maintains the French linguistic style, so we get prose that is both academic and heartfelt and lyrical. This is not a pop psychology, self-help book with cutesy language. This is a book designed for someone who is looking to think deeply about the subject of resilience. Be prepared at times to

read about some horrific tragedies, but I don't think the author is gratuitously graphic or sensational. There are rarely "blow by blow" accounts listing every painful detail.

The author spends a good deal of time discussing how a survivor can talk about abuse and how creativity plays into the healing. He investigates the special role that creating art in any form, especially writing, plays into healing. There is surprising data, such as a study that showed that survivors who shared their stories showed no better outcomes than those who kept their abuse a secret. On the other hand, other studies showed that some cultures support the healing of survivors better than others, and that these cultures were those that tolerated knowing the details of abuse.

The conclusions to draw from the book is that resilience is tied to tapping into the creative and healthy parts that lie in all of us. This is a refreshing turn from many American articles discussing resilience as a genetic trait.

Keep in mind that you really need to read the whole book to weave together a portrait of what makes a person resilient, because a lot of background and data are presented. The book is never dry and clinical. I am sure that this owes to the author's empathy with survivors of abuse.

This book is a wonderful choice for students of psychology and counseling.

3 of 3 people found the following review helpful.

Great book

By LifePuzzle

Excellent and well written book.

Easy to read, clear enough to understand, nice cover.

Recommend it highly.

0 of 0 people found the following review helpful.

An inspiring book, highly recommended...problem with earlier review.

By Tony Spadarella

Sorry but I must correct one important point misstated in the prior review. I also read the French original and Dr. Cyrulnik never mentions being sexually or physically abused by the two women who fostered him or by anyone else: Margot the social worker who first hid him, and Dora, the loving aunt he had never met before but was reunited with at the end of the war. (These two women actually became embroiled in a legal case for his custody.) The major trauma he suffered was being arrested by agents of the Gestapo in occupied France at age 5 or 6 during a major raid in his birth city, Bordeaux, a raid in which 1600 people including children were eventually deported and killed in Auschwitz. He managed at that very young age to escape from being deported to Germany. He had no concept of why people wanted to kill him and he didn't know anything about being Jewish, only that he was told never to say anything to anyone. He was terrified and spent several months on the run, taken in by kind French people. He struggled with finally being able to talk about what had happened to him. His social worker Margot, who eventually lost her case for custody to his aunt, received a medal from him from the state of Israel many years after his life story went public, a medal for being a "Just Gentile." This book is about the fallibility of memory in general but especially in traumatized children. Dr. Cyrulnik had to reconstruct what had happened to him in the course of this narrative which includes his insights as one of France's preeminent neuropsychiatrists. A wonderful, interesting and inspiring read! One learns much about life in Nazi occupied France and the national reconciliation with the past which carries on to the present day from the personal experience of a resourceful child who survived.

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