

Becoming One A Story Of Triumph Over Dissociative Identity Disorder

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From Tragedy to Homeless to Triumph - DAMON GILSTRAP
2014-02-03

I wrote this book for anyone who has fallen from grace that you can rise again. I know everyone has a story no matter how big or small your story is, it's your story. No matter what type of hand you have been dealt in life, you have to play your hand. I knew my hand was a bad hand it went something like this I had a 2 of hearts 9 of spade 6 of diamond and a 4 of diamond and king of clubs and I was told to sit at the table of life and play that hand and win. Anyone that knows about poker knows I was dealt an abominable hand, but I knew I still had 47 more cards to play. I did not like my hand, I knew I was dealt an abominable life hand but something deep in my soul told me to throw that hand back in the deck and get another hand and make it work. I knew it was going to be hard but I was going to make it work. I stood up and brushed myself off and tried again even harder. It's not how you start the race; it's about how you go through the race and finish the race.

African-American Stories of Triumph Over Adversity - Geraldine Coleman 1996

Using research and interviews, this book identifies those variables that effect individuals attempting to overcome adversity. It illustrates how interactions with family, school, and community give meaning and definition to our lives.

Becoming Her - Tracey Osborne 2020-11-19

Becoming Her is the brain child of Tracey Osborne. Committed to creating platforms for women to share their stories, Tracey launched Becoming Her as an anthology series. Tracey believes that sharing our stories is a powerful method of healing. Becoming Her is not only a platform to share your story, but a chance to remind readers that they are not alone...and that there is life after trauma.

Triumph Over Tragedy - Carol S. Sheehan 2007

She thought she had left her hellish life of abuse behind, but more hell was waiting at the next intersection of life.

Triumph over Containment - Robert P. Kolker 2021-10-15

The long 1950s, which extend back to the early postwar period and forward into the early 1960s, were a period of "containment culture" in America, as the media worked to reinforce traditional family values and suspected communist sympathizers were blacklisted from the entertainment industry. Yet some brave filmmakers and actors still challenged the status quo to produce indelible and imaginative work that delivered uncomfortable truths to Cold War audiences. *Triumph Over Containment* offers an uncompromising look at some of the era's greatest films and directors, from household names like Alfred Hitchcock and Stanley Kubrick to lesser-known iconoclasts like Samuel Fuller and Ida Lupino. Taking in everything from *The Thing from Another World* (1951) to *Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb* (1964), acclaimed film scholar Robert P. Kolker scours a variety of different genres to find pockets of resistance to the repressive

and oppressive norms of Cold War culture. He devotes special attention to two quintessential 1950s genres—the melodrama and the science fiction film—that might seem like polar opposites, but each offered pointed responses to containment culture. This book takes a fresh look at such directors as Nicholas Ray, John Ford, and Orson Welles, while giving readers a new appreciation for the depth and artistry of 1950s Hollywood films.

Balotelli The Untold Story - Michael Part 2017-03-15

Talented, unique, and always on the edge, this is the story of Mario Balotelli's journey from near death as an infant to becoming one of the world's best known strikers. Balotelli's story is one of triumph over personal and racial challenges, and his struggle to find his own true identity.

Shackled - Mariam Ibraheem 2022-03-08

Sentenced to Death for Her Beliefs Mariam Ibraheem was finally rising above her difficult childhood and building a new life for herself. Born to a Muslim father and an Ethiopian Orthodox Christian mother, she grew up in poverty in a refugee camp in Sudan. Her father left the family when she was only six, and her mother raised her in the Christian faith. Left without family after the deaths of her beloved mother and sister, she was beginning to move past her grief--earning a medical degree, marrying the man she loved, and having a baby boy. But one day in late 2013, her world was shattered when an unknown relative on her father's side reported her to the police. The authorities said she was considered a Muslim because of her father's background. She had broken the law by marrying a Christian man, and she must renounce her Christian beliefs and abandon her marriage. Under intense pressure, Mariam repeatedly refused to deny her faith. After a lengthy trial in a Sharia court, she was charged with apostasy and adultery, and she was imprisoned with her nine-month-old son, Martin, on Christmas Eve. There, awaiting sentence, she learned she was pregnant with her second child. A few months later, Mariam was sentenced to 100 lashes and death by hanging by a Sharia court. *Shackled* is the stunning story of a courageous young woman who was willing to face death rather than deny her faith, who took a stand on behalf of all people who suffer from religious persecution and all women who are maltreated because of their gender and beliefs. Follow Mariam's story from refugee camp to life under Islam to imprisonment and sentencing to giving birth while shackled in prison to her remarkable escape from death following an international outcry and advocacy involving diplomats, journalists, religious freedom activists, human rights groups, and even Pope Francis.

Becoming One - Sarah E. Olson 2015-02-27

This is the updated 2014 edition of the 1997 paperback "Becoming One: A Story of Triumph Over Multiple Personality Disorder," ISBN 978-0962387982, by Sarah E. Olson. It includes a 2014 Addendum, a new Foreword by Howard Asher, Psy.D, a new resources page, and a complete index. Two little girls, the author and her sister, were routinely terrorized and assaulted over a

period of years by a family friend. One grew up closed and withdrawn, the other angry, self-destructive, and dissociated. Most painful of all, their common suffering resulted in estrangement from each other. "Becoming One" began as Sarah Olson's attempt to provide a written account of her memories for her sister as a means of reconciliation and healing. "Becoming One" documents Sarah's four-year process of discovery and recovery from Dissociative Identity Disorder. Utilizing letters she wrote to her therapist, Howard Asher, Psy.D, and transcripts from key audiotaped therapy sessions, Sarah created a book which offers a model of healing and hope to survivors of childhood sexual abuse, whether or not they personally experience dissociation. The author's courage and generosity in candidly sharing her remarkable experiences provides important insights into the world of dissociation. This book is a highly personal look into an individual life, the dynamics of a troubled family, and the healing power of the therapeutic process. Praise for "Becoming One" (from the 1997 edition, ISBN 978-0962387982, format: paperback): "Sarah Olson has written a fascinating account of her amazing healing journey and the mind's creative capacity to surmount unimaginable horror. Everyone can benefit from this inspiring book." - Lynne D. Finney, J.D., M.S.W., Author of "Reach for the Rainbow: Advanced Healing for Survivors of Sexual Abuse" "Becoming One" is a hopeful book which both dignifies people with Dissociative Identity Disorder, and sensitizes the rest of us to what that means and what can be done. Highly recommended." - Midwest Book Review "Piecing Sarah back together is like piecing a puzzle or mosaic together. Once all the pieces are in place, you are left with a beautiful image. Sterling work." - BeatleBangs1964 VINE VOICE "This book gives incredible insight into the work required by both the therapist and the patient with DID. ... I recommend "Becoming One" for both therapists and for those who continue to suffer from Dissociative Identity Disorder." - Meowzer "Wonderful book for a reference for my classes." - Wild Blue "In process myself and working through much of what Sarah describes, I could only say that I feel validated and believed, and perhaps for the first time, understood, by someone else." - raysemma

The Courage to Come Back - Michael Coss 2011-05-01
I wrote The Courage to Come Back book to offer some hope and inspiration to other brain injury survivors and also to their family members and to also let the general public know about the benefits of hyperbaric chambers. I also hope that by sharing my story with others, it will give them the fire within to keep fighting for every inch and every step in their journey of rehab and recovery. I hope that my story inspires people to be the best that they can be to other individuals and that they appreciate fully what others have done. As a result of my injury, I am in a very good position to share my experience with others, as many doors have closed behind me and now I must open up new ones, create new friendships, and other contacts. I have created The Michael Coss Brain Injury Foundation to assist children undergo HBOT therapy as I was given a second chance at life and now it is my turn to give back to others. As a result of my injury, I feel that I am a better person, stronger, and better equipped to deal with life's curve balls and my experience with a TBI, I see as nothing but a speed bump along the road. My book was written to pass along key learning's as to what it is like to have sustained a brain injury to other brain injury affected individuals and their families. It will also give hope and inspiration as the road back is a long, frustrating journey, with many speed bumps along the long winded road. And lastly, it is to educate the benefits of Hyperbaric Oxygen therapy to the general public and to spread the word on The Michael Coss Brain Injury Foundation. The journey back is a long frustrating

journey for TBI affected individuals and their loved ones. If I can simply take their mind off their current situation for a short brief moment and interject a little distraction, maybe even perhaps a little bit of humor then I will be content giving back to society with my key learning's and story. Unfortunately, there is no magic solution or a pill that one can swallow to ease the pain and discomfort caused by brain injuries. Affected individuals must surround themselves with a positive loving atmosphere that will allow affected individuals to continue to grow, be independent as best they can, and will return to a more normal way of life. I am very fortunate that my parents decided to relocate to Vancouver from Quebec City, leaving family members, and friends behind as they felt that I would need all the support that parents and loved ones could offer me. Thank you Mom and Dad for re-locating to Vancouver to offer my family and I, the very best of support, both physically and emotionally, I am forever grateful and indebted to the both of you for offering me a second chance at life. Your son, Michael

American Prometheus - Kai Bird 2007-12-18
PULITZER PRIZE WINNER • The definitive biography of J. Robert Oppenheimer, one of the iconic figures of the twentieth century, a brilliant physicist who led the effort to build the atomic bomb for his country in a time of war, and who later found himself confronting the moral consequences of scientific progress. THE INSPIRATION FOR THE UPCOMING MAJOR MOTION PICTURE OPPENHEIMER In this magisterial, acclaimed biography twenty-five years in the making, Kai Bird and Martin Sherwin capture Oppenheimer's life and times, from his early career to his central role in the Cold War. This is biography and history at its finest, riveting and deeply informative. "A masterful account of Oppenheimer's rise and fall, set in the context of the turbulent decades of America's own transformation. It is a tour de force." -Los Angeles Times Book Review "A work of voluminous scholarship and lucid insight, unifying its multifaceted portrait with a keen grasp of Oppenheimer's essential nature.... It succeeds in deeply fathoming his most damaging, self-contradictory behavior." -The New York Times

The Essence of Resilience - Tanya Lauer 2016-10-11
Trauma is like a thief in that night that steals peace and joy from the souls of its unsuspecting victims. Whether it is a series of events...or a singular incident...no one is ever left unchanged by traumatic events. Here you will meet 14 trauma survivors who embody the essence of resilience; people who endured the unthinkable, then found a way to rewrite their story, celebrating their strengths and, ultimately, learning to not only survive but thrive. --

Triumph Over Marcos - Thomas Churchill 1995
Silme and Gene were only twenty-nine at the time they were murdered in 1981. They had spent ten years reforming cannery workplaces, where bosses and mob-related union foremen were resistant to change. Both college educated activists, they angered many inside and outside the Filipino community because of their forceful, open fight for union reform and against the corruption taking place in the Philippines under the Marcos regime.

UP FROM THE PAVEMENT: Triumph over Grief and Trauma through Medicine, Miracles, Love, Laughter, and Faith - Marlo Archer 2013-05-26
The candid, narcotic-fueled account of Marlo Archer's restoration to physical, emotional, and spiritual health following her nearly-fatal motorcycle accident in 2008 and the somber, heart-felt account of her beloved father's fatal battle with addiction and the scars she still bears from both.
Echoes of the Heart - Caara Chantrel 2015-09-18
Few people experience what Caara Chantrel has experienced in her life and live to tell about it. Yet

she's not only lived to tell about it, but has also become an example of how one can overcome tremendous, painful, unspeakable loss and thrive in its aftermath. *Echoes of the Heart* is a poignant story of healing after such an unspeakable loss that has the ability to inspire many to carry on in spite of life's challenges. The subjects covered in this book include:-- Loss of a loved one due to suicide-- The enriching experience of organ donation-- Descending into homelessness due to trauma-- Post traumatic stress disorder-- Cranial Sacral therapy and its use in healing trauma-- Moving on with life against all odds-- Guns and their ease of availability-- The United States Bear Force-- The echoes of one heart that still carries on-- and even more... *Echoes of the Heart* is more than a story of loss and healing, but instead provides the reader with a colorful symphony of inspiration, experience, strength, and hope.

Triumph Over Fear - Jerilyn Ross 2009-12-30

The National Institute of Mental Health calls anxiety disorders the most common mental health problem in America. They are also among the most treatable. Yet tens of millions of people struggle with hidden fears and restricted lives because they have not received proper diagnosis and treatment. *Triumph Over Fear* combines Jerilyn Ross's firsthand account of overcoming her own disabling phobia with inspiring case histories of recovery from other forms of anxiety, including panic disorder, obsessive-compulsive disorder, and post-traumatic stress disorder; an post-traumatic stress disorder. State-of-the-art information is combined with powerful self-help techniques, together with clear indications of when to seek additional professional help and/or medication. Also included is the latest research on anxiety disorders in children, plus advice for dealing with family members and employers.

The Boy Born Dead - David Ring 2015-10-06

Where We See Tragedy, God Sees Possibility . . . Few American epics of tragedy, intrigue, friendship, and faith will entertain and challenge the soul like the narrative inspired by the events in the real life of David Ring--a boy literally born dead who survives with sobering consequences. Living with the harsh realities of cerebral palsy, Ring faces impossible odds yet stumbles into an improbable life of inspiration and influence in the small, unassuming town of Liberty, Missouri, in the 1960s. As a teenage boy, Ring finds himself tragically orphaned and being shuffled about to various homes. Along this journey, he faces secret, unspeakable atrocities that eventually plunge him into the depths of depression and attempted suicide. But amid the harsh troubles of life, he encounters another boy his age named David, the son of a local pastor. Their unlikely friendship begins on the rocks, but eventually develops into something extraordinary and unique that alters the trajectory of both of their lives--and the whole town of Liberty--forever.

The Girls Within - Gill Frost 2020-11-30

A compelling true story of one woman's battle with the aftermath of childhood trauma, which gives a gripping account of the often controversial and misunderstood condition of dissociative identity disorder (DID), formerly known as multiple personality disorder (MPD). This emotional but ultimately uplifting journey details the unforeseen twists and turns of the effects of therapy and how it can help in coming to terms with the past and its unsettling echoes in the present. Heartwarming and lucid, it's an inspiring tale for all to read. Through its clinical rigour, professional therapists will also gain insight into the various treatment options for DID, including the innovative use of energy therapy. The book contains 32 colour illustrations, including 24 drawings by The Girls. The star of this book is an extraordinary, bright-spirited, and entertaining six-year-old girl, called Little Vivvi,

who experienced shocking abuse from members of her family. Yet Little Vivvi lives within Vivian, a middle-aged woman who has struggled with DID for many years. The challenging process of psychotherapy is laid bare, as Little Vivvi wrestles with overwhelming memories of childhood abuse. Alongside talking therapy, energy treatment, which she calls Wooshing, is utilised to astonishing effect, becoming the enigmatic ingredient that finally enables Little Vivvi to find relief from the distress and fear that had dominated her existence. As therapy seems to draw to a close, Izzy appears. A very sensitive, thoughtful and mature eight-year-old, Izzy too needs love, support and treatment to speak about her trauma. After overcoming her understandable distrust, Izzy enables an exceptional ending to the therapeutic journey, far beyond anything Vivian and her therapist, Gill, could have dreamed. Little Vivvi and Izzy will make you want to laugh out loud as well as cry. Their story teaches so much about suffering, dissociation and survival. Their aim is to enlighten, inspire and offer hope to others through reading their incredible tales, which reveal the astonishing power of The Girls within.

Triumph Over Tragedy - Bobby Petrocelli 1994-10

Bobby Petrocelli's story is one of personal triumph and hope following a devastating tragedy in his life. One night he went to bed in his suburban America (League City, Texas) home a happy man with a loving wife, but when he woke up dazed in his kitchen, his wife was dead and his life changed forever. A pickup had crashed into the wall of his bedroom driven by a man more than twice legally drunk. Now he tells his story nationwide to high school students, speaking of the consequences of drinking and driving.

Dream Bigger Live Better - Donna Palm 2013-12

Don't waste time living a mundane and unfulfilled life; watching life go by without taking the initiative to fulfill your dreams and not believing in your own potential. Life is short, we have to cram everything in before we leave to go on to the next world. Throughout my life, one question has repeatedly been asked of me no matter where I was or what I was doing. People have asked me over and over again, "How in the world do you do it?" 'How do you as a single mom run a business, take care of a house, haul the kids to baseball and soccer, etc.?' 'How do you pick up everything you own, move to a place where you know absolutely no one and start a brand new life?' 'How do you find the confidence to redesign your life and follow your dreams?' 'How in the world do you do it?' Well, to all of you who have asked me these questions over the years, here it is. I have finally written the instruction manual. This book includes several popular and well-known insights to life. Many of you will probably recognize them. However, what this book also includes are many things you have not heard before - things that I have developed over years of life experience. I only wish I had this book to follow when I started on this journey. Luckily, it is never too late. It is my desire to inspire all of you to follow your life's dreams by following the Blueprint I have laid out for you in this book. Following the Blueprint, you should be able to accomplish anything your heart desires. It is important to take the time to do the exercises so you can completely enjoy the fulfillment of your potential. As you read further into the book you will understand why. We will discuss successes and failures and what to do when we have fallen into a "hole." Life is not perfect and neither are we. However, by following the Blueprint and reading and implementing the teachings and concepts in this book, you will have the confidence and ability to turn things around and take a "Do-Over" at will. Everything you need is here; the rest is up to you. There are no coincidences in life. You are where you are, facing what you're facing, and doing what you're doing because life is preparing

you for future greatness. Don't deny yourself -or the world- the opportunity to be everything you were created to be. No one can be 100 percent all of the time. Keep this book and your notes as a handy reference. Use it as an instruction manual for your life. If you are not at the top of your game or you feel like you are falling into "the hole" refer back to whatever information in this book that may inspire you. Study your Blueprint. Go back to your Accomplishments list so you can see written proof of what you have achieved so far. On days when you feel stupid for making the same mistakes again, go back to your Self Improvement list to prove to yourself that you have learned from the past; sometimes it just takes more than one time around. The intention of this book is not just to read it once but to be able to go back and use the information as often as possible. Life is complicated and most things you cannot learn the first time around. Sometimes you have to repeat the class, or in this case, just repeat the book or the part of the book that will you will find helpful. This book is a combination of innovative new concepts along with tried-and-true messages and beliefs that have been used for years. It is the best of both worlds. In combination with each other, the intent of this book is to inspire you to get moving and fulfill your dreams. Share it with others so they can fulfill their dreams too. We were created to fulfill great plans, and dream big dreams. Most importantly, we have the ability to bring our dreams and visions to life and to inspire and encourage others to do the same. Each of us is limited only by the belief we have in ourselves. Open your mind then go forth and dare to dream, and dare to do.

Metamorphosis - Triumph Through Trials - Evan Stark

Triumph of the Heart - Megan Feldman Bettencourt
2016-08-09

2016 Books For A Better Life Award winner Drawing on the latest research and remarkable tales of forgiveness from around the world, journalist Megan Feldman explores how forgiveness, when practiced in the right ways, can save lives, make us happier and healthier, and lead to a better world. Veteran journalist Megan Feldman was still smarting over a bitter breakup when she began working on a feature article about a father named Azim who had truly forgiven the man who killed his son. She had found herself totally and completely unable to forgive her ex-boyfriend, and yet Azim had managed to forgive his own son's murderer. Forgiveness has long been touted by religious leaders as a moral imperative. But Megan wanted to know exactly what it means from a scientific perspective, and why forgiving those who have wronged you is one of the best things you can do for yourself. In *Triumph of the Heart*, Feldman embarks on a quest to understand this complex idea, drawing on the latest research showing that forgiveness can provide a range of health benefits, from relieving depression to decreasing high blood pressure. The journey takes her from New Zealand and the Maori who practice their own form of restorative justice, to a principal in Baltimore who uses forgiveness techniques to eradicate violence in her school, and to recovered addicts who restarted their lives by seeking and receiving forgiveness. She travels to Rwanda to learn about forgiveness in the face of unthinkable atrocities. This book is a guide for how the practice of forgiveness can help us all in our search for a satisfying, fulfilling, good life.

Becoming One - Sarah E. Olson 1997

Books about Multiple Personality Disorder have usually been written by mental health professionals as texts or case studies. Now, in *Becoming One*, author Sarah Olson has allowed us the rare privilege of entering her internal world as she journeys from fragmentation to wholeness. Two little girls, the author and her sister, were routinely terrorized and assaulted over a period of years by a family friend. One grew up closed and

withdrawn, the other angry and self-destructive. And, most painful of all, their common suffering resulted in estrangement from each other. *Becoming One* began as Olson's attempt to provide a written account of her memories for her sister as a possible means of reconciliation and family healing. Olson argues that Multiple Personality Disorder (recently re-christened Dissociative Identity Disorder), rather than being a form of insanity as is popularly believed, is actually a brilliant coping mechanism relied upon in the most desperate of circumstances. It is nearly universally associated with severe trauma suffered by very young children and reveals a highly creative, terrified young mind doing whatever needs to be done to survive in an untenable world. The author's courage and generosity in candidly sharing her remarkable experiences afford an invaluable understanding of the effects of severe childhood abuse, and provides important insights into the world of dissociation. Through selected journal writings, letters, and transcripts of recorded therapy sessions, she highlights the role psychotherapy played in her recovery. Here is at once a highly personal look into an individual life, the dynamics of a troubled family, and the healing power of the therapeutic process.

Becoming One with the Universe. - Al Duncan 2018-05-23
You want inspiration on your next step in life? To delve into the deeper meanings of this journey and experience a paradigm shift of perspective in tune with the Universe. To feel a kindred spirit resonance that authentically interconnects to your own journey. This book has profound, insightful, intriguing, funny, mystical, magical reminders immersed with a colorful journey intertwined with wise guidance to awaken us to a more loving way of perceiving and living life. Readers have deemed this a must-read book. A paradigm shifter. Answers on every page. A guidebook to be called upon for inspiring reminders throughout the journey.

From Tragedy to Triumph - John Tartaglio 2014-01-01

In 24 hours, a rare bacterial infection turned healthy 17 year old John Tartaglio to a double-leg amputee, but 15 hours and 59 minutes is all that it took for him to reclaim the life that he had left behind. FROM TRAGEDY TO TRIUMPH is his story of perseverance over a heartbreaking circumstance as incomprehensible as it is seemingly insurmountable. Amputated up to his hipbones and told he would never walk again, John did not give up on life. Instead, he rose to do what others said he could not. Walking, running, competing, but most importantly living, he proved to them what he had always known- his disability did not define him; he defined his disability. Sharing his journey, insight, and perspective will help: - How you think about yourself - How you approach problems - How you manage expectations and achieve your goals From those with mobility issues who need to be reminded that living an independent life is possible to the athletes who need to push and challenge themselves that much more and everyone in between, FROM TRAGEDY TO TRIUMPH can positively impact your life.

Triumph over Trauma - Kady 2016-10-31

The sole purpose of writing this book is to inspire, inform, encourage, empower, and help bring healing into the lives of others through forgiveness so that they will have the most electrifying experience through the power of forgiveness in order to help heal others.

The Algebra Miracle: The True Story of a High-Poverty School's Triumph in the Age of Accountability - Stuart Alan Singer

Resilience - Judy Stone 2019-10

"During World War II, hundreds of thousands of Hungarian Jews suffered prejudice and discrimination, oppressive segregation, and wholesale murder at the hands of the Nazis. In "Resilience," Dr. Judy Stone reveals how her family survived these monstrous times and slowly rebuilt

their lives, focusing on their inner strength and the good people they found. This book is a study in human contrasts: kindness and callousness, tolerance and hatred, compassion and cruelty. It not only provides testimony about the horrors of the Holocaust and the lessons we must learn so that history will not repeat itself but also offers readers a connection to the rich heritage of Jewish life in Europe that has been largely lost."--Back cover

Am I Okay? - Allen Frances 2000-04-04

For the first time, contributors to the essential reference for professional psychiatrists, "The Diagnostic and Statistical Manual of Mental Disorders," make vital information about mental disorders available to the general public in an affordable, accessible format.

Range - David Epstein 2021-04-27

The #1 New York Times bestseller that has all America talking—with a new afterword on expanding your range—as seen on CNN's Fareed Zakaria GPS, Morning Joe, CBS This Morning, and more. "The most important business—and parenting—book of the year." —Forbes "Urgent and important. . . an essential read for bosses, parents, coaches, and anyone who cares about improving performance." —Daniel H. Pink Shortlisted for the Financial Times/McKinsey Business Book of the Year Award Plenty of experts argue that anyone who wants to develop a skill, play an instrument, or lead their field should start early, focus intensely, and rack up as many hours of deliberate practice as possible. If you dabble or delay, you'll never catch up to the people who got a head start. But a closer look at research on the world's top performers, from professional athletes to Nobel laureates, shows that early specialization is the exception, not the rule. David Epstein examined the world's most successful athletes, artists, musicians, inventors, forecasters and scientists. He discovered that in most fields—especially those that are complex and unpredictable—generalists, not specialists, are primed to excel. Generalists often find their path late, and they juggle many interests rather than focusing on one. They're also more creative, more agile, and able to make connections their more specialized peers can't see. Provocative, rigorous, and engrossing, Range makes a compelling case for actively cultivating inefficiency. Failing a test is the best way to learn. Frequent quitters end up with the most fulfilling careers. The most impactful inventors cross domains rather than deepening their knowledge in a single area. As experts silo themselves further while computers master more of the skills once reserved for highly focused humans, people who think broadly and embrace diverse experiences and perspectives will increasingly thrive.

Battlescars: An Inspirational Story of Triumph Over Adversity and Tragedy - Tracy Greene 2012-11-01

Battlescars takes you on a journey through the hilarious adventures I had with my brothers, then through ill-fated decisions that led me to a harrowing five-year relationship fraught with violence and fear. After making it out of the relationship with my life and three children, I steadfastly insisted on being a single mother for the rest of my life. However, the heavens had other plans. I met and married the love of my life . I floated along on the wings of love until I was blindsided by a terrifying breast cancer diagnosis. On the cancer battlefield, you'll experience with me the fear of facing death, daunting chemotherapy treatments, and the revelation that I could beat the disease and survive. For the first few years after my victory over cancer I looked to the future with trepidation, but soon kissed my fears goodbye and followed my dream of attending law school. Battlescars will show you that the trials, tribulations, and tragedies of life can be overcome with perseverance, faith, strength.

James The Incredible Number 10 - Michael Part 2017-03-15

Barbarism and Religion: Volume 6, Barbarism: Triumph in the West - J. G. A. Pocock 2015-05-12

This sixth and final volume in John Pocock's acclaimed sequence of works on Barbarism and Religion examines Volumes II and III of Edward Gibbon's Decline and Fall of the Roman Empire, carrying Gibbon's narrative to the end of empire in the west. It makes two general assertions: first, that this is in reality a mosaic of narratives, written on diverse premises and never fully synthesized with one another; and second, that these chapters assert a progress of both barbarism and religion from east to west, leaving much history behind as they do so. The magnitude of Barbarism and Religion is already apparent. Barbarism: Triumph in the West represents the culmination of a remarkable attempt to discover and present what Gibbon was saying, what he meant by it, and why he said it in the ways that he did, as well as an unparalleled contribution to the historiography of Enlightened Europe.

The Farmerfield Mission - Fiona Vernal 2012-09-27

In The Farmerfield Mission, Fiona Vernal recounts the history of an African Christian community on South Africa's troubled Eastern Cape frontier. Forged in the secular world of war, violence, and colonial dispossession and subjected to grand evangelical aspirations and social engineering, Farmerfield's heterogeneous mix of former slaves and displaced Africans from polities beyond the borders of the Cape Colony entered the powerful ideological arena of anti-slavery humanitarianism and evangelicalism. As a farm, an African residential site amid a white community, and a Christian mission on a violent frontier, Farmerfield was at once a space, a place, and an idea that Africans, missionaries, whites, and colonial authorities competed to mold according to their own visions. Founded in 1838 and destroyed by the apartheid government in 1962, Farmerfield's residents struggled over the meaning and content of a civilized, Christianized lifestyle, deploying a range of tactics from negotiation and dissimulation to deference and defiance. In the process, they vernacularized Christianity, endured the ravages of colonialism and apartheid, used their historical connections to the Methodist Church and South Africa's land reform legislation to regain land, and launched the Farmerfield experiment anew, amid new debates about the meaning of post-apartheid land access and citizenship. Farmerfield's propitious rise, protracted, frustrating decline and fledgling reincarnation reflect epochal chapters in South Africa's colonial, apartheid, and post-apartheid history as Africans attempted to define the terms of their cultural autonomy and economic independence.

Cry the Darkness - Donna L Friess Ph D 2013-07-01

This book has become a classic in child abuse prevention counseling. It is the gripping true story of generational sexual abuse and the dramatic legal trial which culminates in a shocking 15 month battle for safety from the predator that has haunted his victims for over 40 years. It is a must-read for abuse survivors and their therapists and counselors.

From Madness to Mental Health - Greg Eghigian 2009-12-10

From Madness to Mental Health neither glorifies nor denigrates the contributions of psychiatry, clinical psychology, and psychotherapy, but rather considers how mental disorders have historically challenged the ways in which human beings have understood and valued their bodies, minds, and souls. Greg Eghigian has compiled a unique anthology of readings, from ancient times to the present, that includes Hippocrates; Julian of Norwich's Revelations of Divine Love, penned in the 1390s; Dorothea Dix; Aaron T. Beck; Carl Rogers; and others, culled from religious texts, clinical case studies, memoirs, academic lectures, hospital and government records, legal and medical treatises, and art collections. Incorporating historical experiences of

medical practitioners and those deemed mentally ill, From Madness to Mental Health also includes an updated bibliography of first-person narratives on mental illness compiled by Gail A. Hornstein.

Rereading the Nineteenth Century - I. Webb 2010-03-29

In the aftermath of the revolutions in theory and criticism of the last several decades, this book offers a re-reading of the development of the nineteenth-century English novel by exploring the relation of the writer to the reader.

The Power of Two - Isabel Stenzel Byrnes 2014-10-14

For most people, a diagnosis of cystic fibrosis means the certainty of a life ended too soon. But for Isabel Stenzel Byrnes and Anabel Stenzel, twin girls with the disease, what began as a family's stubborn determination grew into a miracle. The tragedy of CF has been touchingly recounted in such books as Frank Deford's *Alex: The Life of a Child*, but *The Power of Two* is the first book to portray the symbiotic relationship of twins who share this life-threatening disease through adulthood. Isabel and Anabel tell of their lifelong struggle to pursue normal lives with cystic fibrosis while grappling with the realization that they will die young. Their story reflects the physical and emotional challenges of a particularly aggressive form of CF and is an honest and gripping portrayal of the daily struggle associated with long-term hospitalization, the impact of chronic illness on marriage and family, and the importance of a support network to continuing survival. Born in 1972, seventeen years before scientists discovered the genetic mutation that causes CF, the Stenzel twins endured the daily regimen of chest percussion, frequent doctor visits, and lengthy hospitalizations. But in the face of innumerable setbacks, their deep-seated dependence on each other allowed them to survive long enough to reap the benefits of the miraculous lung transplants that marked a turning point in their lives: "We have an old life—one of growing up with chronic illness—and anew life—one of opportunities and gifts we have never imagined before." In this memoir, they pay tribute to the people who shaped their experience. These two remarkable sisters have much to teach about the power of perseverance—and about the ultimate power of hope.

The U.S. Women's Soccer Team Road to Glory: American

Heroes - Noah Davis 2015-10-04

Neuropsychodrama in the Treatment of Relational Trauma - T. Dayton 2015-11-10

There is a growing awareness that the body as well as the mind needs to be involved in therapy. Neuroscience and attachment theories have clearly demonstrated that emotion is a physiological as well as a mental phenomenon. Dr. Dayton's approach to experiential work has been in the forefront of what is now so commonly in use in treatment centers that it has become mainstream. Used in treating relational trauma and PTSD, neuropsychodrama is designed to be easily incorporated into existing programs regardless of length of stay, and can be used in outpatient settings, group and one-to-one practices. Additionally, she has created a model of treatment called Relational Trauma Repair, RTR which is a multi-sensory model used in the treatment of relational trauma issues. Neuropsychodrama in the Treatment of Relational Trauma provides education woven into a healing, interactive "experience." It will mobilize, engage, bond and motivate groups through a process that is interactional and relational and progressively imparts skills of emotional literacy and emotional regulation.

Triumph Over Abuse - Christine E. Murray 2020-12-29

In this book Christine Murray carefully weaves her personal experiences as a survivor with her professional expertise as a counselor, community advocate, and researcher into a comprehensive guidebook for survivors of abuse. Moving forward after suffering abuse at the hands of someone who is supposed to love and care for you is no easy feat. And yet, healing and recovering from past abuse is possible, and the journey to get there can be an empowering opportunity for growth. *Triumph Over Abuse* provides a road map for doing more than simply moving on from the past. Filled with accessible case studies and exercises, the book offers extensive practical guidance on a range of topics, such as building coping skills, surrounding yourself with the right kinds of support, working through traumatic memories, and channeling your experience into helping others and making a difference in the world. The book will inspire and equip survivors of abuse to build full, meaningful lives despite the trauma they have faced, as well as being a tool for clinicians to use to support clients.