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## How to Deal with Adversity (Paperback)

By Professor Christopher Hamilton

Picador USA, United States, 2014. Paperback. Book Condition: New. 180 x 114 mm. Language: English . Brand New Book. THE SCHOOL OF LIFE IS DEDICATED TO EXPLORING LIFE S BIG QUESTIONS IN HIGHLY-PORTABLE PAPERBACKS, FEATURING FRENCH FLAPS AND DECKLE EDGES, THAT THE NEW YORK TIMES CALLS DAMNABLY CUTE. WE DON T HAVE ALL THE ANSWERS, BUT WE WILL DIRECT YOU TOWARDS A VARIETY OF USEFUL IDEAS THAT ARE GUARANTEED TO STIMULATE, PROVOKE, AND CONSOLE. AN INSPIRATIONAL, ENTERTAINING, AND INSTRUCTIVE GUIDE ON WHAT TO DO WHEN FACED WITH ADVERSITY AND HOW TO DERIVE MEANING FROM IT. No matter how insulated we are by wealth or friends, we can all expect to undergo some form of loss, failure, or disappointment. The common reaction is to bear it as best we can some do this better than others and move on with life. Dr. Christopher Hamilton proposes a different response to adversity. Focusing on the arenas of family, love, illness, and death, he explores constructive ways to deal with adversity and embrace it to derive unique insight into our condition. In *How to Deal with Adversity*, offering examples from history, literature, and science, Hamilton suggests how we might recognize it as a precious source of...



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### Reviews

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