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Titolo	Choosing wisdom [[electronic resource] ] : strategies and inspiration for growing through life-changing difficulties // Margaret Plews-Ogan, Justine E. Owens, and Natalie May
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Altri autori (Persone)	MayNatalie OwensJustine E
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. [229]-[239]) and index.
Nota di contenuto	Background -- Introduction -- Defining wisdom -- Posttraumatic growth -- The path through adversity -- Acceptance -- Stepping in -- Integration -- New narrative -- Wisdom -- What helps: Sage advice from the field -- Finding community -- Compassion and gratitude -- Quiet reflection, meditation, and mindfulness -- Doing something -- Spirituality, forgiveness, and doing the right thing -- Choosing wisdom.
Sommario/riassunto	We all know the saying, "That which does not kill us, makes us stronger," but is that really true? After all, for some people, traumatic experiences ultimately lead to truly debilitating outcomes. For others though, adversity really does seem to lead to "post-traumatic growth" where individuals move through suffering and find their lives changed in positive ways as a result. Why does this growth happen for some people and not others? How exactly does it happen? Can the positive results be purposefully replicated? These are the central questions of a new study conducted b

