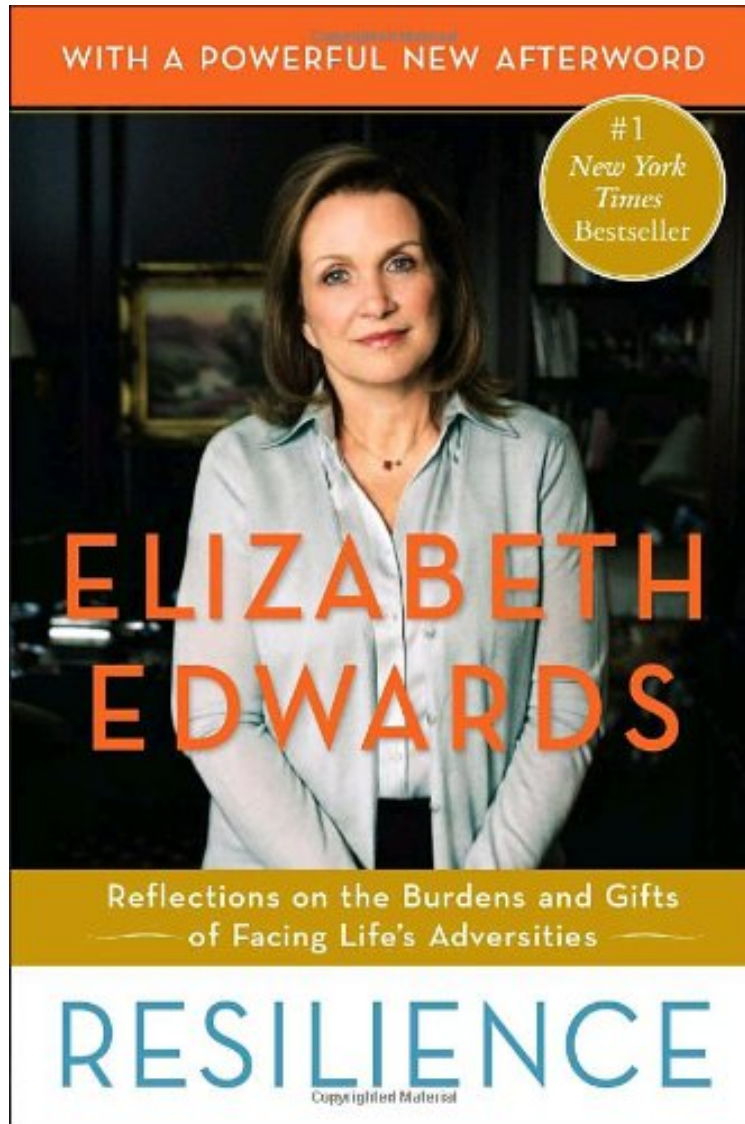


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## Resilience: Reflections on the Burdens and Gifts of Facing Life's Adversities

Elizabeth Edwards

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**Elizabeth Edwards : Resilience: Reflections on the Burdens and Gifts of Facing Life's Adversities** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Resilience: Reflections on the Burdens and Gifts of Facing Life's Adversities:

8 of 8 people found the following review helpful. Enlightening and empowering By cybercitizen I found Elizabeth Edwards' opening chapter on her Dad compelling, empowering, and inspiring. Two weeks ago, I flew home to care for

Mom. She wanted to get better, but her digestive system had inexplicably shut down. She was recovering from surgery and unable to eat more than a few bites per meal. The food at the 24-hour nursing facility was terrible. I cleaned by night and cooked by day...brought in alternate lunches and dinners...waterboarded her with food. Sometimes she would eat just once bite out of a whole entree. But Mom did not give up on herself, and I did not give up on Mom. "Do NOT go gentle unto that good night."The breakthrough was my finding a drug side-effect that had been stanching her appetite among her dozen drugs. Now she's eating full meals and slowly regaining strength. Don't trust the "experts" to know what they are doing.Mom says I had won her trust. Priceless.The one thing that made me wrinkle my brow was that Elizabeth felt diminished by what her husband did. I don't think she should. Women often try to be all things to all people, and that is humanly impossible.Regarding the chapter on Toshiko...who put on a resolute face despite her physical and emotional scars from the first atomic bomb. Geishas are trained to not show negative or strong emotion because that leads to wrinkles, which limits one's career. Emotional botox.It is a pleasure reading Edwards for her wisdom and thought processes. My lessons from this book...keep a steady hand on the tiller and don't give up...do the hard work of working through adversity.3 of 3 people found the following review helpful. Perseverance rather than ResilienceBy TherinI find Elizabeth Edwards to be a remarkable woman, but I would call her life once of perseverance, rather than resilience. I've read both of her books, and there is little to speak of resilience in regard to her son's death, but I'm not sure I'd deal with it any better. However, her "grace" in handling all that came after that tragedy, her persevering, despite great odds against her personal survival and survival of her marriage, make this book, as well as her first book, definitely worth reading. She writes for a middle class generation who came of age in the late 1960's, writes well of all the "family values" instilled in us, the idealism of that era. Though my life experiences were entirely different, I could have been reading my own life in terms of her fantasies and idealism around family. I believe that most of us in middle class and lower upper class USA families, could say the same thing. Her writing allowed me to hand the book to my mother and say, "These are things I believed." I could hand the book to my children and say, "These are the things I believed when I was growing up." It opened many doors for communication. It also reminded me to count my blessings as a cancer survivor.2 of 2 people found the following review helpful. I read this book shortly after I lost my 20 ...By CustomerI read this book shortly after I lost my 20 year old son in a tragic mountain climbing accident. Elizabeth inspired me on how to move forward. I have since given this book to several friends who have lost sons. Elizabeth Edwards was remarkable woman.

The bestselling author of *Saving Graces* shares her inspirational message on the challenges and blessings of coping with adversity.Shes one of the most beloved political figures in the country, and on the surface, seems to have led a charmed life. In many ways, she has. Beautiful family. Thriving career. Supportive friendship. Loving marriage. But shes no stranger to adversity. Many know of the strength she had shown after her son, Wade, was killed in a freak car accident when he was only sixteen years old. She would exhibit this remarkable grace and courage again when the very private matter of her husband's infidelity became public fodder. And her own life has been on the line. Days before the 2004 presidential electionwhen her husband John was running for vice presidentshe was diagnosed with breast cancer. After rounds of surgery, chemotherapy, and radiation the cancer went awayonly to reoccur in 2007. While on the campaign trail, Elizabeth met many others who have had to contend with serious adversity in their lives, and in *Resilience*, she draws on their experiences as well as her own, crafting an unsentimental and ultimately inspirational meditation on the gifts we can find among lifes biggest challenges. This short, powerful, pocket-sized inspirational book makes an ideal gift for anyone dealing with difficulties in their life, who can find peace in knowing they are not alone, and promise that things can get better.From the Hardcover edition.

Short but surprisingly deepIt's a small book but a powerful one. And when you finish it you have not just a deeper understanding of Elizabeth Edwards but also a better appreciation for the strength of will it can take to survive. Los Angeles TimesFrom the Hardcover edition.About the AuthorELIZABETH EDWARDS is the author of the New York Times bestselling memoir *Saving Graces*. She lives in Chapel Hill, North Carolina with her two youngest children and husband, John.From the Hardcover edition.From AudioFileElizabeth Edwards presents a revealing autobiography and useful book of advice. She's been through more than her share of difficulties, so her words are wise and worth heeding. Even better, she narrates her story herself. Her voice is fragile and delicate but also intimate and intelligent, qualities that subtly enhance the reading. She moves back and forth in time, sharing how she coped with her cancer, her mother's Alzheimer's, and her son's death at age 16. Only at the end of the book does she reveal that there will be no details about her husband's affair. She movingly never names his paramour, instead calling her "that woman." Throughout, Edwards sounds like she's sharing her thoughts with a treasured friend. S.G.B. AudioFile 2009, Portland, Maine