

The Resilient Spirit

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THE RESILIENT SPIRIT



Transforming
Suffering
into
Insight
and
Renewal

"An edifying work on the stewardship of pain."
—Body Mind Spirit

POLLY YOUNG EISENDRATH, PH.D.

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Young-Eisendrath teaches readers how to learn from their hardships by drawing on the traditions that have enriched her life experience--the theories of Jung, the practice of psychoanalysis, and the teachings of Buddhism--as well as the stories of people who have faced tremendous downfall and come through it. "An edifying work on the stewardship of pain."--Body Mind Spirit.

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