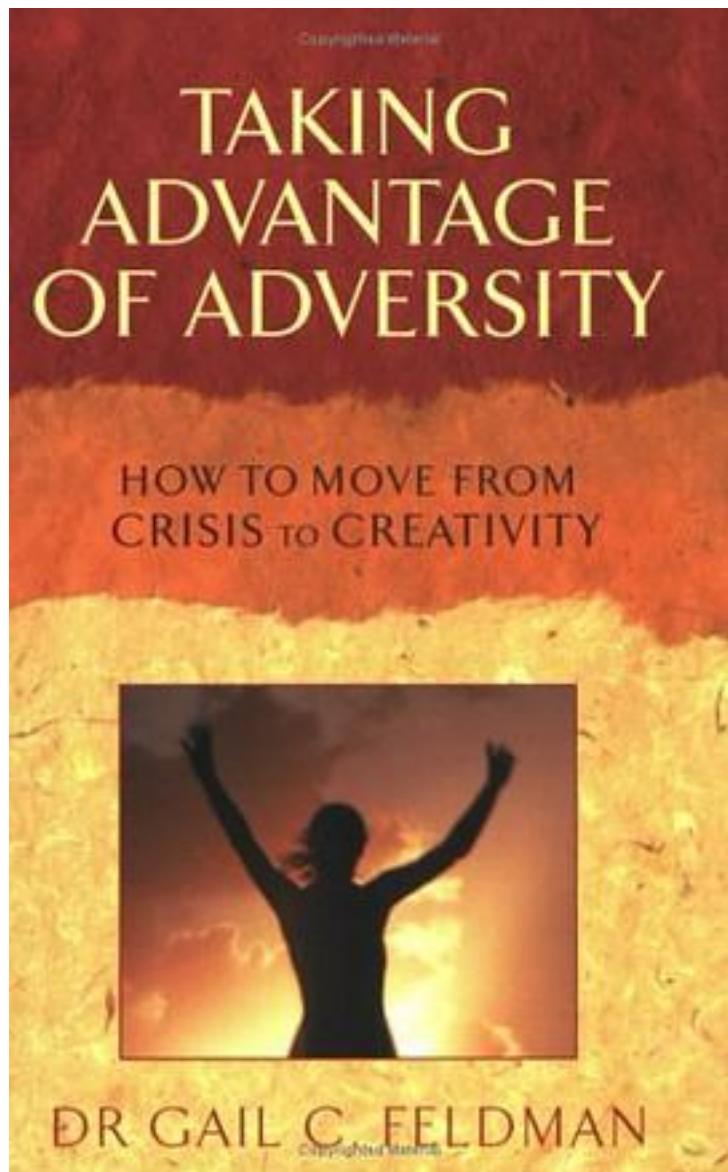


# Taking Advantage of Adversity



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著者:Dr. Gail C. Feldman

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\* What if 75 per cent of what we now call depression is actually unresolved grief? \* What if anger is actually an untapped energy source for creativity? \* What if obsessive worry is actually restrained passion? Clinical psychologist Dr Gail Feldman casts tragedy in a new light as she presents grief as a catalyst for creativity. Portraits of a wide range of historical figures including the Biblical Job, van Gogh, Gandhi and Michelangelo - plus clinical case studies - illustrate how pain and depression can be transformed into powerful expressions of the self. The author's pioneering work in this field provides a map for finding possibilities and creativity among the ruins of personal loss and sudden life change.

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