



## Supernormal: The Untold Story of Adversity and Resilience (Hardback)

By Meg Jay

Twelve, 2017. Hardback. Condition: New. Language: English . Brand New Book. Clinical psychologist and author of The Defining Decade, Meg Jay takes us into the world of the supernormal: those who soar to unexpected heights after childhood adversity. Whether it is the loss of a parent to death or divorce; bullying; alcoholism or drug abuse in the home; mental illness in a parent or a sibling; neglect; emotional, physical or sexual abuse; having a parent in jail; or growing up alongside domestic violence, nearly 75 of us experience adversity by the age of 20. But these experiences are often kept secret, as are our courageous battles to overcome them. Drawing on nearly two decades of work with clients and students, Jay tells the tale of ordinary people made extraordinary by these all-too-common experiences, everyday superheroes who have made a life out of dodging bullets and leaping over obstacles, even as they hide in plain sight as doctors, artists, entrepreneurs, lawyers, parents, activists, teachers, students and readers. She gives a voice to the supernormals among us as they reveal not only How do they do it? but also How does it feel? These powerful stories, and those of public figures from...

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