

FREE SURVIVING SURVIVAL: THE ART AND SCIENCE OF RESILIENCE PDF



Laurence Gonzales | 272 pages | 13 Nov 2012 | WW Norton & Co | 9780393083187 | English | New York, United States

Surviving Survival by Laurence Gonzales | Penguin Random House Canada

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Laurence Gonzales. In all cases, they must work hard to reinvent themselves. Get A Copy. Paperback Surviving Survival: The Art and Science of Resilience, pages.

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To ask other readers questions about Surviving Survival please sign up. Lists with This Book. Community Reviews. Showing Average rating 4. Rating details. More filters. Sort order. You've been injured horribly but you're still alive. What comes next?

This is a wonderful book. It also contains some of the most Surviving Survival: The Art and Science of Resilience writing I've ever read that captures what it feels like to be a mother. Through their interaction, mother and child build these spaces. These are physical spaces filled with neurons and cell assemblies that are dedicated to the child, that are owned by the child. The arms and the hands.

The child in your arms makes the space in your brain. New connections form among neurons, new assemblies of cells that hunger to be occupied Surviving Survival: The Art and Science of Resilience the child. Your fingers inscribe a map of the child that can be read, that must be read, by that sensing area of your brain. Those maps are infused with meaning through your emotional system so that the fingers and hands and arms crave the ecstatic touch of the child.

The Where Pathway in the parietal lobe of your brain knows the extent of the child, where she is in space, and precisely where your hands and arms must go to hold her. You can lose your keys because they have no emotional claim on you. You cannot lose your child. Neurologically speaking, the child becomes another limb, an organ.

That's how being a mom feels to me. In short, if you have a premonition that a man you've just met might be about to kill you with an axe, don't marry him. If that guy at the end of the bridge seems strange to you, he probably is. Read this book! View 1 comment. It doesn't matter if you have had an "event" or not. You should read this book. Gonzales writes the drama of the events magnificently. You could read the book for that.

I found great comfort in knowing I didn't have to "talk through" Surviving Survival: The Art and Science of Resilience craziness that happened to me. That sublimation was a great thing. In fact, he suggests - Sublimation - Altruism It doesn't matter if you have had an "event" or not. In fact, that's exactly what I do. Because if you have had a random thing happen to you, as I have, you can't make sense of it. Why bother? It's not worth the time or aggravation. You move on.

And, every so often, it still comes up with a two-by-four to hit you upside the head and say, "I'm here. And, Chapter 15, his twelve rules to live by, are surprisingly close to my "system" for managing my new life. We all need to adapt. Gonzales has written a masterful book about Surviving Survival: The Art and Science of Resilience to live a life. No matter what. Mar 06, Gea rated it it was amazing Shelves: readresiliency-litsurvival. This is beautiful, inspiring, heart breaking and powerful.

What an incredible follow up to Deep Survival. There is a lot of science here but also incredible stories of unbelievable trauma and resilience. Some of their stories, particularly the survivor of the Nazi Death Brigade, brought me to tears. Gonzales is a deeply sensitive writer with a warrior's heart and a poet's eye.

Completely fascinating. And if anything horrible has happened to destroy your life, this book might actually bring you genuine help and relief.

Loved the confirmation that state of consciousness my brain enters while I write is most like that of a state we normally enter only while asleep. Also it's interesting that walking induces theta rhythms in the hippocampus Completely fascinating. Also it's interesting that walking induces theta rhythms in the hippocampus and hypnagogic states that look like sleep. No wonder so many people like Newton and Einstein were compulsive walkers!

That chapter was worth the price of the book alone. Who knew something as simple as knitting could be so tremendously helpful? A very interesting book about what happens after surviving a traumatic event. Not limiting itself to PTSD, it explores coping, resilience, emotion and starting over with intense case studies and eloquent explanations based on neuroscience.

But Gonzales also makes a few dubious claims in his attempt to wax lyrical about the evolution and nature of being human. Without proper referencing it's hard to distinguish fact from fanciful and unsubstantiated musings. I picked up this book because I was very interested Surviving Survival: The Art and Science of Resilience the topic of how people recover or don't from traumatic, life-threatening events.

I don't think Gonzales has more real answers to this question than could fill a long magazine article. View all 3 comments. I'm not sure the 4-star rating would mean much to others. I got a lot out of this book, but it's mostly a synthetic project, which means that for each section there is original work that probably goes deeper and may be better rendered. However, this book delivers a lot of rich material in a convenient package that, for me, provided food for thought.

Such as: How the sixth sense works--not as extrasensory, but as Surviving Survival: The Art and Science of Resilience underpinning of our senses, and often the key to our survival, if we can listen t I'm not sure the 4-star rating would mean much to others. Such as: How the sixth sense works--not as extrasensory, but as the underpinning of our senses, and often the key to our survival, if we can listen to it.

Sometimes an added reason for PTSD, if we don't. The ability to let go as a key to resilience. For example, amputees often do better than those who try to hang on to limbs.

The book is spotty and it depends on what strikes you. But for me, as with his other book, Deep Survival, the couple of key insights that hit me

were well worth sifting through what I already knew. Brilliant book. The stories of the survivors are compelling and memorable.

Surviving Survival: The Art and Science of Resilience by Laurence Gonzales

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Laurence Gonzales. Walmart Book Format. Select Option. Current selection is: Paperback. Free 2-day delivery. Pickup not available. Add to list. Add to registry. The Beans of Egypt, Maine Paperback. Drawing on gripping cases across a wide range of Surviving Survival: The Art and Science of Resilience experiences, Gonzales fashions a compelling argument about fear, courage, and the adaptability of the human spirit.

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See our disclaimer. The survival experience changes everything because it invalidates all your previous adaptations, and the old rules don't apply. In some cases survivors suffer more in the aftermath than they did during the Surviving Survival: The Art and Science of Resilience crisis. In all cases, they have to work hard to reinvent themselves. Drawing on gripping cases across a wide range of life-threatening experiences, Laurence Gonzales fashions a compelling argument about fear, courage, and the adaptability of the human spirit.

Micki Glenn was later moved to say: "I don't regret that this happened to me. It] has been. Specifications Language English. Customer Reviews. Ask a question Ask a question If you would like to share feedback with us about pricing, delivery or other customer service issues, please contact customer service directly.

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She had entered Surviving Survival: The Art and Science of Resilience even more profound survival journey: the aftermath. The survival experience changes everything because it invalidates all your Surviving Survival: The Art and Science of Resilience adaptations, and the old rules don't apply. In some cases survivors suffer more in the aftermath than they did during the actual crisis.

In all cases, they have to work hard to reinvent themselves. Drawing on gripping cases across a wide range of life-threatening experiences, Laurence Gonzales fashions a compelling argument about fear, courage, and the adaptability of the human spirit. Micki Glenn was later moved to say: "I don't regret that this happened to me.

