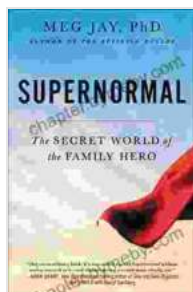


Supernormal: The Untold Story of Adversity and Resilience

By: Dr. Steven Southwick

Supernormal is the untold story of adversity and resilience. It is a story of how people have overcome incredible challenges to achieve great things. This book is a must-read for anyone who wants to learn more about the human spirit and the power of perseverance.



Supernormal: The Untold Story of Adversity and Resilience by Meg Jay

★★★★☆ 4.7 out of 5

Language : English
File size : 1934 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 402 pages
Screen Reader : Supported



In Supernormal, Dr. Steven Southwick tells the stories of people who have faced unimaginable challenges, from natural disasters to war to personal tragedies. These stories are inspiring and heartbreaking, but they are also ultimately hopeful. They show us that even in the darkest of times, there is always hope.

One of the most powerful stories in Supernormal is that of Viktor Frankl. Frankl was a psychiatrist who survived the Holocaust. In his book Man's

Search for Meaning, Frankl wrote about the importance of finding meaning in life, even in the most difficult of circumstances. Frankl's story is a reminder that even in the face of unimaginable suffering, we can find hope and meaning.

Another powerful story in Supernormal is that of Malala Yousafzai. Yousafzai is a young woman who was shot in the head by the Taliban for speaking out in favor of education for girls. Yousafzai survived the attack and went on to become a global advocate for education. Her story is a reminder that even in the face of violence and oppression, we can still fight for what we believe in.

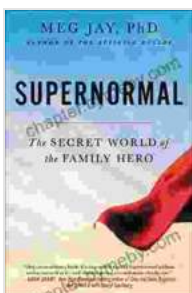
The stories in Supernormal are inspiring, heartbreaking, and ultimately hopeful. They show us that even in the darkest of times, there is always hope. They remind us that the human spirit is capable of great things, even in the face of adversity.

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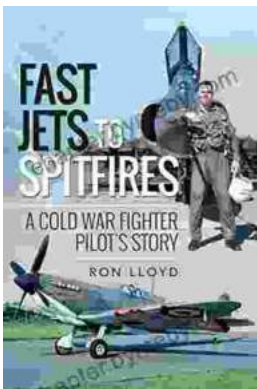
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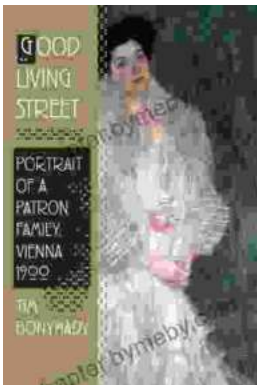
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