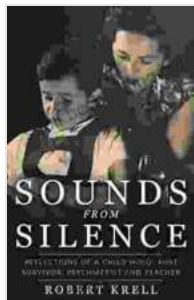


Reflections Of Child Holocaust Survivor Psychiatrist And Teacher Jewish



Sounds from Silence: Reflections of a Child Holocaust Survivor, Psychiatrist and Teacher (Jewish Children in the Holocaust) by Robert Krell

★★★★☆ 4.1 out of 5

Language : English
File size : 24226 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 396 pages
Lending : Enabled



An Exploration of the Life and Work of Dr. Edith Eger

Dr. Edith Eger is a child Holocaust survivor, psychiatrist, and teacher whose life and work offer profound insights into the human capacity for resilience and healing. Her book, "The Choice," has sold over a million copies and has been translated into 25 languages. In it, she shares her experiences of surviving Auschwitz and the lessons she has learned about hope, forgiveness, and the power of choice.

Dr. Eger was born in 1927 in Hungary. In 1944, she and her family were sent to Auschwitz. She was 16 years old. Her parents and sister were killed in the gas chambers. She and her older sister, Magda, survived by enduring unimaginable horrors.

After the war, Dr. Eger immigrated to the United States. She earned a degree in psychology and became a therapist. She has dedicated her life to helping others heal from trauma. She has worked with victims of war, sexual abuse, and other forms of violence. She has also worked with perpetrators of violence. She believes that everyone has the capacity for change and that it is possible to heal from even the most horrific experiences.

Dr. Eger's work is a testament to the power of the human spirit. She has shown that it is possible to survive even the most horrific experiences and to find meaning and purpose in life. She is an inspiration to all who have suffered trauma and to all who work to heal the wounds of the world.

The Choice

"The Choice" is Dr. Eger's memoir of her experiences during the Holocaust. It is a powerful and moving account of how she survived the unimaginable and how she has found meaning and purpose in her life.

In the book, Dr. Eger shares her lessons on hope, forgiveness, and the power of choice. She shows how it is possible to choose hope even in the darkest of times. She shows how it is possible to forgive those who have wronged us. And she shows how it is possible to make choices that will lead us to a better future.

"The Choice" is a must-read for anyone who has suffered trauma or who works with victims of trauma. It is a book that will inspire you and give you hope. It is a book that will change your life.

Lessons from Dr. Edith Eger

Dr. Eger's life and work offer many valuable lessons for all of us. Here are a few of her most important lessons:

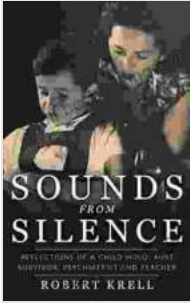
- **There is always hope.** Even in the darkest of times, it is possible to find hope. Hope is what keeps us going. It is what gives us the strength to survive.
- **Forgiveness is possible.** Forgiveness does not mean forgetting or condoning what has been done to us. It simply means letting go of the anger and resentment that we hold towards those who have wronged us. Forgiveness is a gift that we give to ourselves. It is a way of freeing ourselves from the past.
- **We have the power to choose.** We are not victims of our circumstances. We have the power to choose how we will respond to the challenges that life throws our way. We can choose to be bitter or we can choose to be hopeful. We can choose to be angry or we can choose to be forgiving. The choice is ours.

Dr. Edith Eger is a remarkable woman who has dedicated her life to helping others heal from trauma. Her life and work are a testament to the power of the human spirit. She is an inspiration to us all.

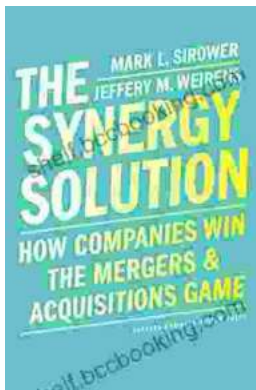
If you are interested in learning more about Dr. Edith Eger and her work, I encourage you to read her book, "The Choice." You can also visit her website at

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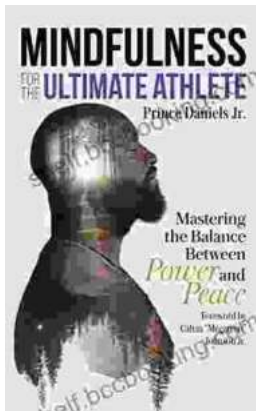


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