

## THE GIFT OF ADVERSITY

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The Gift of Adversity: The Unexpected Benefits of Life's Difficulties, Setbacks, and Imperfections [Norman E. Rosenthal MD] on Amazon.com. "FREE" shipping on qualifying offers. The noted research psychiatrist explores how life's disappointments and difficulties provide us with the lessons we need to become better.

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In this sense, Norman E Rosenthal's (M.D.) The Gift of Adversity: The Unexpected Benefits of Life's Difficulties, Setbacks, and Imperfections is a great read for those interested in finding out what kind of mind-set

Transcendental Meditation helps to cultivate.

#### **The Gift of Adversity - Dr. Norman Rosenthal**

The Gift of Adversity is an important gift in its own right. Kay Redfield Jamison PhD, author of *An Unquiet Mind* I really loved Norman's book and I agree that adversity can be a great teacher and a great friend.

#### **The Gift of Adversity: The Unexpected Benefits of Life's ...**

The Gift of Adversity: The Unexpected Benefits of Life's Difficulties, Setbacks, and Imperfections [Norman E. Rosenthal MD] on Amazon.com. "FREE" shipping on qualifying offers. Now in paperback this acclaimed book from Norman Rosenthal, the New York Times bestselling author and research psychiatrist.

#### **The Gift of Adversity | HuffPost**

Besides *The Gift of Adversity*, he has written the New York Times best-seller *Transcendence*, and *Winter Blues*. He maintains a website at [www.normanrosenthal.com](http://www.normanrosenthal.com).

#### **The Gift of Adversity (Audiobook) by Norman E. Rosenthal M ...**

Whether the adversity one experiences is the result of poor decision making, a desire to test one's mettle, or plain bad luck, Rosenthal believes life's most important lessons - from the value of family to the importance of occasionally cutting corners - can be best learned from it.

#### **The Gift Of Adversity | Northstar Church**

Adversity has been the gift that brought me closer to Him. Does this mean that adversity is sweet or easy? Absolutely not. Adversity is painful. We can be the man Shakespeare says, "...is the most wretched of men who has never felt adversity or we can see adversity as an opportunity to grow in our relationship with the Lord. In every trial, His goal is that we increase in our knowledge.

#### **Why adversity is a gift - the story of Tom Brady**

Michael Jordan was cut by his high school basketball team. Drew Brees wasn't resigned by the chargers and left to wallow in free agency. Brock Lesnar lost hi