



Personality and Adversity: Psychospiritual Aspects of Rehabilitation (Springer Series on Rehabilitation)

Carolyn Vash

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The author draws on her own experiences as a person with severe disabilities to bring us this book. The main theme centers on adversity as a catalyst for psychospiritual growth. Using her artistic creativity, the author incorporates ideas from philosophy, religion, literature, and art to provide effective strategies for coping with disabilities.

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