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How to Deal with Adversity (The School of Life)

Christopher Hamilton

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AN INSPIRATIONAL, ENTERTAINING, AND INSTRUCTIVE GUIDE ON WHAT TO DO WHEN FACED WITH ADVERSITY AND HOW TO DERIVE MEANING FROM IT

No matter how insulated we are by wealth or friends, we can all expect to undergo some form of loss, failure, or disappointment. The common reaction is to bear it as best we can?some do this better than others?and move on with life. Dr. Christopher Hamilton proposes a different response to adversity. Focusing on the arenas of family, love, illness, and death, he explores constructive ways to deal with adversity and embrace it to derive unique insight into our condition. In *How to Deal with Adversity*, offering examples from history, literature, and science, Hamilton suggests how we might recognize it as a precious source of enlightenment, shaping our very existence.

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