



Survivors: Stories and Strategies to Heal the Hurt

John D. Preston

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Forget TV. Forget desert islands and remote jungles. This book offers real help for real emotional issues, through the stories of four ordinary people, each going through a very painful life experience, each plagued by significant emotional despair. Fortunately, they all share one vitally important human quality: an inherent capacity to heal from deep emotional wounds. They are *Survivors*. This remarkable book presents nine proven strategies to help them through their plights. *Survivors* combines the best of storytelling, self-help, and professional guidance, bringing readers an unparalleled resource for overcoming emotional pain.

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