



From Crisis to Creativity: Creating A Life of Health and Joy at Any Age in Spite of Everything!

Gail Carr Feldman

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Have you ever wondered whether credible evidence supports the old cliché, "Every cloud has a silver lining"? In this fascinating exploration of the interplay between pain and possibility, Dr. Gail Feldman shows us that the answer is an emphatic 'yes'! Grief can be a powerful catalyst for creativity. Through portraits of historical figures such as van Gogh, Gandhi and Michelangelo, as well as clinical case studies featuring psychotherapy and past life regression therapy, Dr. Feldman takes us on a journey through the human psyche and provides a map for finding new life among the ruins of personal loss and change. "It takes very special information to lead to transformation. From Crisis to Creativity is very special and can lead you to revelation and rebirth. Charcoal to diamonds - Use the pressure" - Bernie Siegel, MD. "In this beautiful and inspiring book, Gail Feldman shows how to transform adversity into creative expression and joy. From Crisis to Creativity is one of the best roadmaps I have read to illuminate the way" - Brian Weiss, MD

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