



# Surviving Survival: The Art and Science of Resilience

*Laurence Gonzales*

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## **Surviving Survival: The Art and Science of Resilience** Laurence Gonzales

You have survived the crisis—trauma, disease, accident, or war—now how do you get your life back?

The shark attacked while she was snorkeling, tearing through Micki Glenn's breast and shredding her right arm. Her husband, a surgeon, saved her life on the spot, but when she was safely home she couldn't just go on with her life. She had entered an even more profound survival journey: the aftermath.

The survival experience changes everything because it invalidates all your previous adaptations, and the old rules don't apply. In some cases survivors suffer more in the aftermath than they did during the actual crisis. In all cases, they have to work hard to reinvent themselves. Drawing on gripping cases across a wide range of life-threatening experiences, Laurence Gonzales fashions a compelling argument about fear, courage, and the adaptability of the human spirit. Micki Glenn was later moved to say: "I don't regret that this happened to me. [It] has been . . . probably the single most positive experience I've ever had."

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