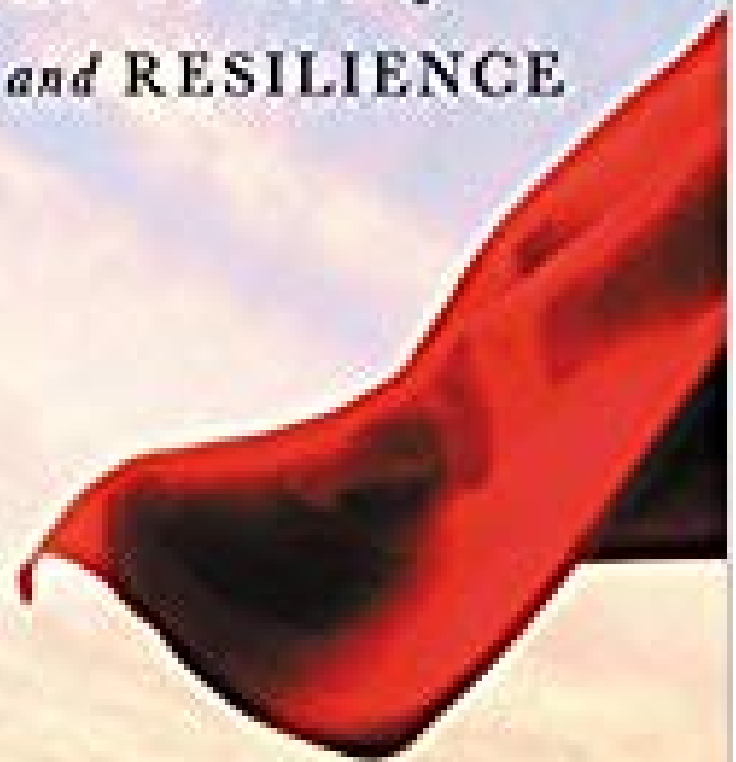


MEG JAY, PhD

AUTHOR OF *THE DEFINING DECADE*

SUPERNORMAL

The UNTOLD STORY *of*
ADVERSITY *and* RESILIENCE



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Meg Jay

Supernormal: The Untold Story of Adversity and Resilience



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p.p1 margin: 0.0px 0.0px 0.0px 0.0px; font: 12.0px Arial; color: #232323 Clinical psychologist and writer of The Defining 10 years, Meg Jay will take us into the globe of the supernormal: those who soar to unpredicted heights after childhood adversity. But these experiences are often kept magic formula, as are our courageous battles to conquer them. bullying; alcoholism or drug abuse in the home; mental disease in a parent or a sibling;"These powerful stories, and the ones of public figures from Andre Agassi to Jay Z, will display supernormals they are not alone but are, actually, in good firm. having a parent in jail; emotional, physical or sexual misuse; or growing up alongside domestic violence, nearly 75% folks experience adversity by the age of 20.Whether it is the increased loss of a parent to loss of life or divorce;" but also "How does it feel? She gives a voice to the supernormals among us as they reveal not merely "How do they do it?Drawing on almost two decades of work with clients and students, Jay tells the tale of regular people made extraordinary simply by these all-too-common experiences, everyday superheroes who've made a existence out of dodging bullets and leaping over obstacles, even as they hide in plain view as doctors, artists, entrepreneurs, lawyers, parents, activists, teachers, students and visitors. neglect;Marvelously researched and compassionately written, this exceptional publication narrates the continuing saga that is resilience as it challenges us to consider whether -- and how -- the nice wins out ultimately.



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You just may be the hero you're looking for. Ever feel just like fate conspired against you mainly because a kid, forcing you to deal with things a kid shouldn't have to? As I examine, I saw myself in every web page. This might be considered a book for you personally, or someone you know in that situation. We were introduced to this title by a "personal advancement" podcast interview with the author, and found myself tearing up at her descriptions of how a lot of us have survived and overcome "Adverse Childhood Events" to create our lives better than circumstances seemed to predict. While she will use some superstar and newsworthy types of her suggestions, the protagonists of the stories presented are "real" humans, dealing with actual pasts and hard choices. Taken within an emerging trend in psychology, the study of these "Adverse Childhood Events," this book could help those who endured individual events to make sense of apparently irrational emotions in adulthood. Others in this craze consist of Angela Duckworth's "Grit", Susan David's "Emotional Agility" and Jonice Webb's "Operating on Empty" - each looking at the occasions and their outcomes from a somewhat different angle. Amazingly spot on... Supernormal is a publication for everybody - whether you yourself have faced adversity, whether you know or love someone who has faced adversity, or if you simply want to raise understanding the struggles so many people face each day. This beautiful reserve uses the lives of actual visitors to illustrate the science behind the frequently invisible struggle therefore many encounter on a daily basis to just move as "normal" despite having frequently lived with painful secrets. Supernormal is smack about! Validating. As somebody who had a childhood full of adversity I found this book to not only be validating but also empowering. This book nailed it for me. I'm 68 years outdated and now understand how I survived and just why I'll always do the right thing. SUPER Regular is part of all of us. Yet still the tremendous care and warmth she keeps for those still fighting their traumas shines through brilliantly. This book has had a profound positive affect on me. Are you still feeling that method as an adult, with a backstory, or a top secret identity, or a nemesis - or all three? Each tale was one I had a need to hear. Meg Jay's voice can be professional and measured Atlanta divorce attorneys line. Inspiring publication for all who've faced adversity. I actually enjoyed this well-written publication complete with engaging tales and case studies. POWERFUL and PROFOUND BOOK! I cried often while reading it but have hope I didn't possess when I started it. Hope that I could overcome my previous and lead a "regular" life! After reading this book you'll begin to notice the each day Supernormals that surround us all - and perhaps recognize yourself to be a Supernormal as well. This was an extremely healing book. Nobody has grasped the inter workings of a damaged core like Meg Jay. I saw myself in lots of her stories and today finally understand where my competitive nature and super powers came from. This book should be required reading for all children probably around the 7th grade. Many thanks Meg! Dr. Meg Jay offers written an inspiring collection in . In the event that you know anyone who has had adversity within their lives you will understand them a little better. It covers some great coping skills to cope with the traumas of lifestyle. For all your Supernormals out there. Cried many a chapter. As a survivor of multiple childhood traumas, I am thus relieved to look for these case studies and figures proving a romantic relationship between trauma and neuroplasticity. Dr. If you check off a lot more than 3 ACE acknowledged traumas and survived to tell the tale, you will see YOU here. A must read! Amazing book - will read it once again!" With comprehensive references from study, the many personal tales and the writer's evaluation, the reader is motivated by the resilience of the parties/sufferers. Hard to gain access to while driving because of original case. Great book. It turns conventional suggestions on the head, and enables you to see the biggest people in the world in different ways. So well written - divided and explained so well. Among the best books I've ever go through! Through these stories, the author examines "supernormal" people--people who've what psychologists call "resilience", the capability to adapt well and discover success in the face of adversity, trauma, tragedy, or ongoing stressors. Fantastically put together and chalked filled with cited research that helps us understand resiliency and how people react to adversity. A great device for teachers and counselors. Very insightful. All About Resilient "Supernormals" Who also Succeed Despite Childhood Adversity. SUPERNORMAL: THE UNTOLD Tale OF ADVERSITY AND RESILIENCE is a work of narrative nonfiction. In it, the writer, a scientific psychologist, tells the tales of hardships faced by her clients and college students, and of what they believed and felt because they worked their way through those hardships. For those who have had adversity in your life you will relate. Amazingly, supernormals, despite their success, frequently feel isolated and only. Yet supernormals are much more common than they themselves will probably think. Love it because of its basic prose and indepth profile of

amazing humans. But there are many actions you can take to protect yourself--starting with owning the fighter within you, and becoming empowered by your extremely ability to be strong when confronted with obstacles that must be overcome. But still the tremendous care and warmth she holds for those still fighting their traumas shines through brilliantly. It's also extremely well-researched, but provides a perfect balance between anecdotal evidence and empirical studies. It's been a long time arriving. And relatable stories!.. Great read with lots of research! Meg Jay has created an inspiring collection in "SuperNormal: The Untold Tale of Adversity and Resilience. fabulous book based on research. We should make changes in our life. The concept of a "reboot" is usually defined well in chapter 12 with the example including Anton. Overall, each chapter provides invaluable analysis and the personal reference to those profiled. There is no need to rush through the book. Browse at your own speed and appreciate the lessons shared. Many thanks GoodReads for the book. Important read! Supernormal was written in a combined mix of clinical study and a caring, help and personal help message. I suggest purchasing the hardcover so you can talk about it with others during a down economy Super read This was an interesting nonfiction read that focuses on the special nature of certain people who go beyond than what one would expect. If you're among the supernormals, the writer says, your struggle with adversity is most likely a never ending one, because real life is messy and inconsistent.



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