

Beyond Crisis

author: Ann Kaiser Sterns

2026-06

Synopsis

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inLanguage	english

Everyone experiences personal crisis of one form or another. In this dialogue, Stearns, a clinical psychologist, tells how new growth can occur through pain, grief and trauma. Turning losses into victories underscores the conversation, as she describes what enables and inspires some people to transform tragedy into rebirth while others are defeated or crushed. Stearns tells the real life stories of "triumphant survivors" who have become stronger and continued moving forward positively after enduring terrible loss and trauma. She is the author of *Living Through Personal Crisis* (Ballantine 1985) and *Coming Back: Rebuilding Lives After Crisis and Loss* (Random House 1988).

Reader's comments

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