



# The Road to Resilience: From Chaos to Celebration

*Sherri Mandell*

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## **The Road to Resilience: From Chaos to Celebration** Sherri Mandell

How do you grow from grief? How do the Jewish people continue on with strength despite all of the hardships they have faced? Sherri Mandell explores the seven spiritual steps of resilience that teach us how to not only survive grief, but how to thrive in the face of loss and trauma.

Resilience is often misunderstood. In Jewish thought, resilience is not bouncing back, but is a process of becoming greater. This book will prepare you to enter the darkness of loss and experience growth, even when it seems most unlikely.

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