

Meet Dr. Edith Eva Eger

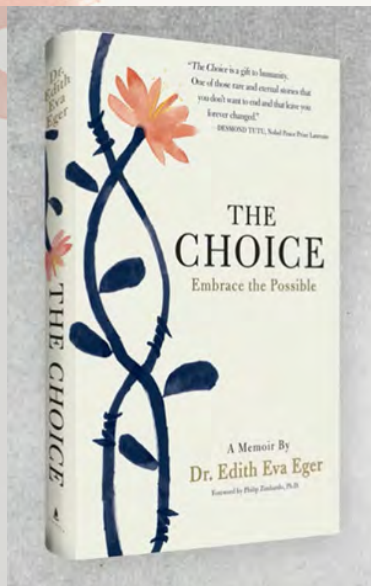


Photo by Jordan Engle

"THE CHOICE is a gift to humanity. One of those rare and eternal stories that you don't want to end and that leave you forever changed... She has found true freedom and forgiveness and shows us how we can as well."

—DESMOND TUTU

BOOK SIGNING & DISCUSSION

with introduction by

Jamie Flores, El Paso Holocaust Museum

Thursday October 5th, 5:00 PM

Barnes & Noble | Sunland Park

705 Sunland Park Dr.

Phone 915.581.5353



www.DrEdithEger.com



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Barnes & Noble
Events

BN.COM/events

Meet Dr. Edith Eva Eger

THERAPIST. SPEAKER. AUTHOR.

Dr. Edith Eger is a sought-after clinical psychologist and lecturer, helping individuals discard their limitations, discover their powers of self-renewal, and achieve things they previously thought unattainable. Using her own past as a Holocaust survivor and thriver as a powerful analogy, she inspires people to tap their full potential and shape their very best destinies. It's a message of healing and personal growth. A message of freedom from self-imposed limitations. A message of CHOICE to move from recovery to discovery and beyond.



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Dr. Eger is frequently invited to be a keynote speaker, lecturer, workshop leader, and consultant. She speaks on today's most relevant topics and tailors her presentations to the unique requirements of business, educational institutions, government, the military, healthcare, and religious, civic, and community organizations.




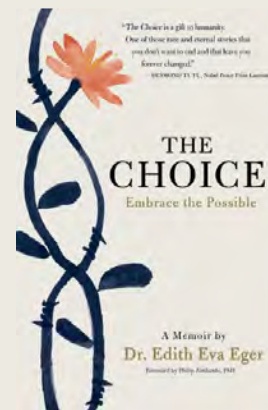
Robbyn Dodd Photography

"...an extraordinary professional and charismatic workshop leader. She brings her discipline of psychology, interweaves a vibrant religious perspective, and leavens the whole with humor and genuine caring."

—CARL KAHRS TOWLEY, Chaplain, USA Chief
Tripler Army Medical Center, HI

In addition to being the acclaimed new author of *THE CHOICE* (Scribner, 2017) and in demand for book talk and signing events, Dr. Eger maintains a busy clinical practice in La Jolla, California and holds a faculty appointment at the University of California, San Diego. Her greatest joy is continuing to work with individuals and groups, inspiring healing and fulfillment.

Learn more about Dr. Eger and her new memoir *THE CHOICE* at www.dreditheger.com and  @DrEdithEger



“We can’t choose to vanquish the dark, but we can choose to kindle the light.”

THE CHOICE

Embrace the Possible

BY DR. EDITH EVA EGER

“The Choice is a gift to humanity. One of those rare and eternal stories that you don't want to end and that leave you forever changed. Dr. Eger's life reveals our capacity to transcend even the greatest of horrors and to use that suffering for the benefit of others. She has found true freedom and forgiveness and shows us how we can as well.”

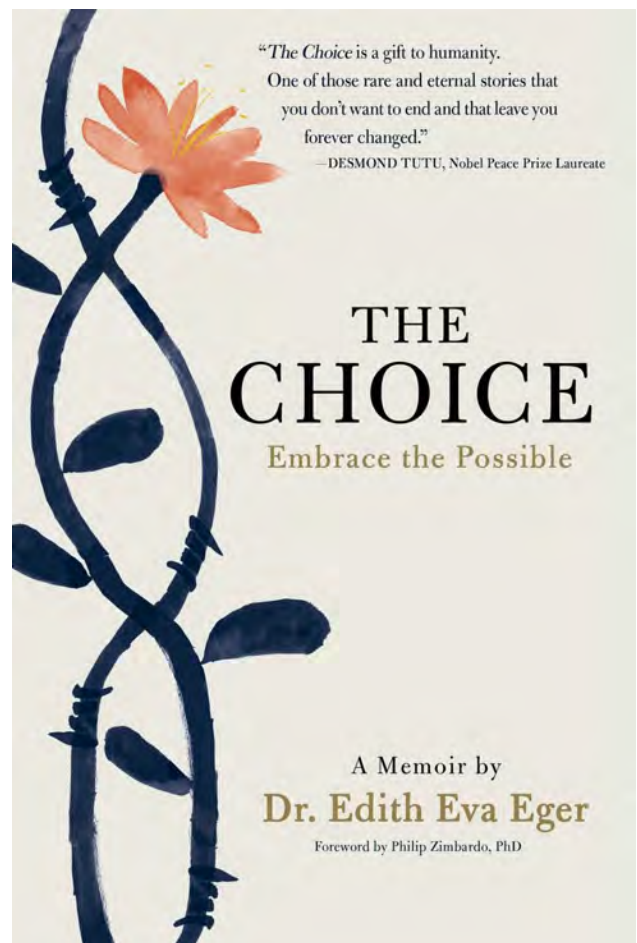
— **Desmond Tutu, Nobel Peace Prize Laureate**

“Edith Eger is my kind of hero. She survived unspeakable horrors and brutality, but rather than let her painful past destroy her, she chose to transform it into a powerful gift—one she uses to help other heal.”

— **Jeannette Walls, *New York Times* bestselling author of *The Glass Castle***

“Eger’s poignantly crafted memoir is a meditation on two motifs: the internal struggle of psychologically troubled individuals and the deep shadows cast upon the future of a concentration camp survivor...The distressed fabric of the author's traumatic past becomes a beautiful backdrop for a memoir written with integrity and conviction...A searing, astute study of intensive healing and self-acceptance through the absolution of suffering and atrocity.”

— **★Kirkus Reviews, starred review**



Edith (“Edie”) Eger was sixteen years old when she and her family were taken to Auschwitz. Hours after her parents were sent to the gas chamber, Josef Mengele demanded that Edie dance for him. He rewarded her with a loaf of bread that she shared with her fellow prisoners – an act of generosity that would later save her life. Edie and her sister had survived multiple death camps when the American troops finally liberated the camps in 1945 and found Edie, barely alive, in a pile of corpses. Edie spent decades struggling with flashbacks and survivor’s guilt, determined to stay silent and hide from the past. She returned to Auschwitz in her fifties and was finally able to fully heal and forgive the one person she’d been unable to for years. Not Hitler. Not Joseph Mengele. Herself.

Today, at 90 years old, Dr. Eger is an internationally acclaimed psychologist, who maintains a clinical practice in La Jolla, holds a faculty appointment at the University of California—San Diego, and also serves as a consultant for the U.S. Army and U.S. Navy. Her patients include survivors of abuse, soldiers suffering from PTSD, cancer survivors, parents grieving the loss of child, and teenagers dealing with anorexia.

In **THE CHOICE: Embrace the Possible (Sept. 5th, 2017; 978-1501130786)**, Dr. Eger expertly weaves her own story with stories about her patients and delves beyond the trauma of her past to explain how many of us live within the prisons of our own mind; and she shows how we can free ourselves.

Like Viktor Frankl's *Man's Search for Meaning*, **THE CHOICE** is genuinely life changing. Beautifully written with compassion and infinite wisdom, it is an extraordinary story of heroism, healing, mental toughness and moral courage that will appeal to millions of people who can learn from Dr. Eger's inspiring cases and shocking personal story, as well as her profound clinical knowledge to heal their lives.

ABOUT EDITH EGER



Born in Hungary, Edith Eger is one of the few Holocaust survivors old enough to remember life in the camps. Despite overwhelming odds, Edith survived the war and moved with her husband to the United States, where she raised a family and earned a Ph.D. in psychology. Dr. Eger maintains a busy clinical practice in La Jolla, California, and holds a faculty appointment at the University of California, San Diego. She also serves as a consultant for the U.S. Army and Navy in resiliency training and the treatment of PTSD.
www.dreditheger.com

THE CHOICE
Embrace the Possible
Dr. Edith Eva Eger
Scribner | on-sale September 5, 2017
\$27 | 304 pages | 978-1501130786

**For additional information or to schedule an interview
with Dr. Edith Eger contact:**

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