



THE CHOICE

a Memoir by

Dr. Edith Eva Eger

THE CHOICE is a rare, profound and seminal book by internationally acclaimed psychologist, and one of the last remaining survivors of Auschwitz, Edith Eger.

Telling her incredible story in order to help others find a life of freedom and hope, *The Choice* is more than a memoir of Auschwitz – it is a powerful and moving testament to the resilience of the spirit and the power of choice in our lives. Destined to become an instant classic in the vein of *Man's Search for Meaning*, *The Choice* will inspire and provide healing to a generation of readers.

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.

– DESMOND TUTU, Nobel Peace Prize Laureate

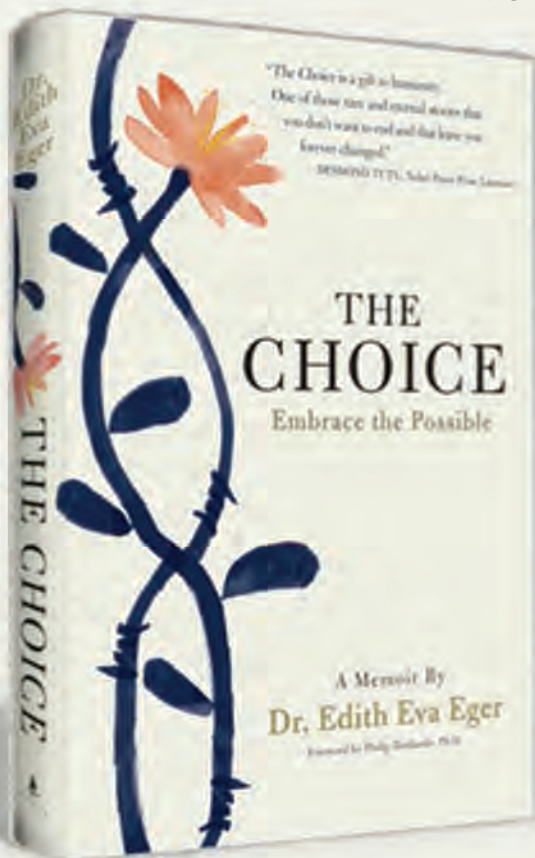
In 1944, when she was sixteen years old, Edith was sent to Auschwitz. There she endured unimaginable experiences, including the loss of both of her parents, and was forced to dance for the infamous Josef Mengele. Over the coming months, Edith's bravery helped her sister to survive, and led to her bunkmates rescuing her during a death march. When their camp was finally liberated, Edith was pulled from a pile of bodies, barely alive.

Today, Edith Eger is an internationally acclaimed psychologist whose patients include survivors of abuse and soldiers suffering from PTSD. In *The Choice* she delves beyond the trauma of her past to explain how many of us live within a mind that has become a prison, and shows how we can free ourselves.

Like Viktor Frankl's *Man's Search for Meaning*, *The Choice* is genuinely life changing. Warm, compassionate and infinitely wise, it is an extraordinary story of heroism, healing, compassion, 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 wisdom to heal their lives.

Edith Eva 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 others heal.

– JEANNETTE WALLS, Bestselling Author of *The Glass Castle*



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