



# Back to Life: Getting Past Your Past with Resilience, Strength, and Optimism

*Alicia Salzer*

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## **Back to Life: Getting Past Your Past with Resilience, Strength, and Optimism** Alicia Salzer

“Dr. Salzer offers an empowering new approach to trying on the coping skills and outlooks of heroic overcomers. These are life skills we all should have learned as kids.”<?xml:namespace prefix = o ns = "urn:schemas-microsoft-com:office:office" />

—Dr. Mehmet Oz, bestselling author of *YOU: The Owner’s Manual*, host of *The Dr. Oz Show*

*Back to Life* by Alicia Salzer, M.D. is a wise, sympathetic, and practical guide for overcoming traumatic setbacks, and living a normal, happy life without being a victim. The former resident psychiatrist on the *Montel Williams* show, Dr. Salzer offers a fresh new take on trauma treatment, a method for “getting past your past with resilience, strength, and optimism” designed for anyone who has experienced catastrophe. Destined to become a classic work on emotional recovery, this remarkable volume points the way down the path *Back to Life*, and belongs on every bookshelf next to *When Bad Things Happen to Good People*.

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