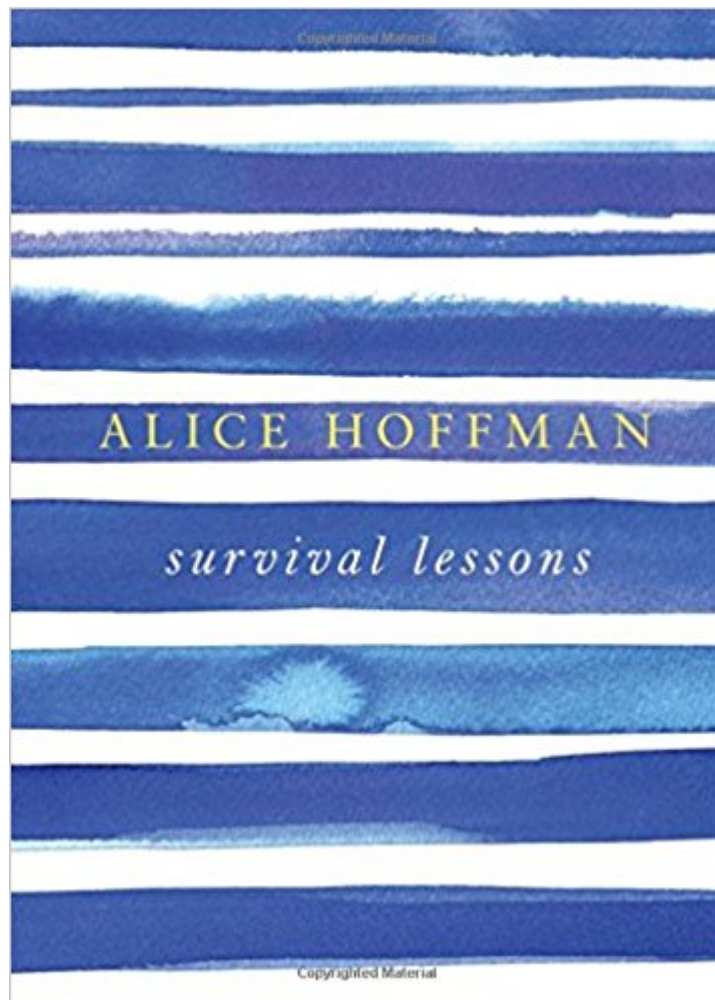


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# Survival Lessons



## Synopsis

One of America's most beloved writers shares her suggestions for finding beauty in the world even during the toughest times. *Survival Lessons* provides a road map of how to reclaim your life from this day forward, with ways to reenvision everythingâ€•from relationships with friends and family to the way you see yourself. As Alice Hoffman says, â€œIn many ways I wrote *Survival Lessons* to remind myself of the beauty of life, something that's all too easy to overlook during the crisis of illness or loss. I forgot that our lives are made up of equal parts of sorrow and joy, and that it is impossible to have one without the other. I wrote to remind myself that despite everything that was happening to me, there were still choices I could make.â€•

Wise, gentle, and wry, Alice Hoffman teaches all of us how to choose what matters most.

## Book Information

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## Customer Reviews

Her own longing for a guidebook when she was confronted by loss and cancer inspired Hoffman, the best-selling author of 21 imaginative and compassionate novels, to write her first nonfiction title. While under stress, she â€œneeded to know how people survived traumaâ€•and to be reminded of the beauty of life.â€•

Writing with sparkling directness, warmth, humor, and long-steeped wisdom, Hoffman has created a companionable and genuinely useful book for times of crisis. Small, intimate, and lovely, *Survival Lessons* is illustrated by Hoffman's photographs and sweetened with recipes to support one of her key guidelines, savor life. Opening her harrowing experiences to readers, Hoffman also remembers her mentors, from Anne Frank to her grandmother (the

person I could always depend on, as funny as she was toughâ•) to the writing teacher who helped her become a published writer. Hoffman offers hilarious advice for coping with difficult people, recommends watching old movies and reading âœthe greats,â• and sings out, âœDonâ™t hold back!â• âœLive right now!â• Hoffmanâ™s storytelling artistry enlivens each intimate, thoughtfully distilled, charming, and nurturing lesson in living. HIGH-DEMAND BACKSTORY: Best-selling Hoffmanâ™s candid, upbeat, and graceful guide to coping with trauma will attract loyal fans and all readers looking for sustaining advice. --Donna Seaman

âœIn this gem of a book, Alice Hoffman acknowledges the sorrows of life, while reminding us of its joys. Survival Lessons is filled with love, insight, and lots of practical advice--including a crazy-good brownie recipe. I'll be sharing this book widely, but keeping one copy permanently on my nightstand for all the times I'll need its wisdom and warmth.â• âœWill Schwalbe, author of The End of Your Life Book ClubâœFull of smart intentions and kind reminders . . . Uplifting advice weâ™ll gladly take.â• âœBetter Homes & GardensâœVery warm, humble, sometimes funny, infused with a spirit of optimism.â• âœThe Jewish WeekâœThe book is not about her breast cancer per se but about making choices (each chapter is titled âœChooseâ•) that will improve readersâ™ lives and relationships and remind them 'of the beauty of life.' More than cancer sufferers will be glad they picked up this tiny gem.â• âœLibrary JournalâœIt may be short, but it's powerful. An absolutely beautiful book.â• âœSue Monk KiddâœHeartening.â• âœKirkus ReviewsâœWriting with sparkling directness, warmth, humor, and long-steeped wisdom, Hoffman has created a companionable and genuinely useful book for times of crisis. Small, intimate, and lovely . . . Hoffmanâ™s storytelling artistry enlivens each intimate, thoughtfully distilled, charming, and nurturing lesson in living.â• âœBooklist

This book was short, but mighty. It was beautifully written, as all Alice Hoffman's books are, and it touched me so deeply that it made me cry. Alice Hoffman's writing is like reading poetry. She uses metaphor and simile just enough to give more weight and beauty to her words. I have enjoyed numerous works of Hoffman's fiction, so when I had the opportunity to read this book, I was delighted. This book was a little under 100 pages. Don't let the short length scare you away, the sparse pages are brimming with wisdom. This has been a tough year for my family and, though none of us has had the dreaded diagnosis of breast cancer, we have had some very difficult times. I was able to relate to many things Hoffman said in this book and found such inspiration and joy in the pages, that I shared the experience with friends. This is a magical book that lit the flame of hope in

my heart.

I loved it ... it wasn't what I thought it would be. The beginning few pages of introduction left me concerned that it was a token write to hang a hat on an author's illness .. cancer patients don't need that ... but a publisher may vie for it as a way to speak to the public who is of concern for the author ... And when I got a few more pages in ... I read it all the way to the end then re-read it in whole with my 14 year old daughter and a box of tissues between us. It was a lovely little gem. And ... it was a used book buy ... it is signed by the author herself.

I don't think I got quite as much out of this "survival guide" as I had hoped, and yet, I'm not at all disappointed in this cheerful little book. Hoffman writes so well, and I loved the graphic design and the charming photos. I found that spending time with this book left me with much the same feeling as curling up in my favorite comfy chair, sipping a soothing cup of tea and chatting with a wise friend. Recommended for anyone who needs a bit of reassurance.

For someone in good health who doesn't have a loved one dealing with a catastrophic illness this slim book could be read in an hour or less. The chapters are short and to-the-point, filled with kernels of wisdom, common sense and advice from one who has survived cancer. I imagine a reader living with cancer would appreciate and take comfort from Alice Hoffman's experience. Her style is honest and heart-felt. Hoffman included a couple of recipes as well as the directions for knitting a hat. She made the point to enjoy eating when you can and even learn something new "like knitting. I'm glad I read Survival Lessons and I know I will read it again at some point. It's one I'd give to a friend. It would be a good book for a reader whose loved one has cancer.

I love Alice Hoffman's novels so I was curious about this book. Being a 3 year cancer survivor myself I purchased this book and was not disappointed! Lovely advice and inspiring stories abound in this treasury of how cancer patients not only survive but thrive. I have purchased two more copies for my friends. I highly recommend this book!

I love you Alice Hoffman. This book is wonderful, I will keep it and re-read it. I LOVE IT. Anyone fighting cancer or any other life battle, would benefit from this beautiful book .

I received this book for my daughter who was going through the trauma of breast cancer at a young age of 32. The author had also gone through this and her insights and helpful thoughts are sure to make any women feel like she's not alone. Would highly recommend..

I saw this on the reading table at the cancer research center. It is a great book for those who are not even suffering from such a disease.

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