



How to Deal with Adversity (The School of Life)

By Dr. Christopher Hamilton

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THE SCHOOL OF LIFE IS DEDICATED TO EXPLORING LIFE'S BIG QUESTIONS IN HIGHLY-PORTABLE PAPERBACKS, FEATURING FRENCH FLAPS AND DECKLE EDGES, THAT THE NEW YORK TIMES CALLS "DAMNABLY CUTE." WE DON'T HAVE ALL THE ANSWERS, BUT WE WILL DIRECT YOU TOWARDS A VARIETY OF USEFUL IDEAS THAT ARE GUARANTEED TO STIMULATE, PROVOKE, AND CONSOLE.

AN INSPIRATIONAL, ENTERTAINING, AND INSTRUCTIVE GUIDE ON WHAT TO DO WHEN FACED WITH ADVERSITY AND HOW TO DERIVE MEANING FROM IT

No matter how insulated we are by wealth or friends, we can all expect to undergo some form of loss, failure, or disappointment. The common reaction is to bear it as best we can?some do this better than others?and move on with life. Dr. Christopher Hamilton proposes a different response to adversity. Focusing on the arenas of family, love, illness, and death, he explores constructive ways to deal with adversity and embrace it to derive unique insight into our condition. In *How to Deal with Adversity*, offering examples from history, literature, and science, Hamilton suggests how we might recognize it as a precious source of enlightenment, shaping our very existence.

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Editorial Review

Review

“In an age of moral and practical confusions, the self-help book is crying out to be redesigned and rehabilitated. The School of Life announces a rebirth with a series that examines the great issues of life, including money, sanity, work, technology, and the desire to alter the world for the better.” ?*Alain de Botton, The School of Life Series Editor*

“Self-Help Books for the Rest of Us.” ?*The New York Times*

About the Author

Dr. Christopher Hamilton is Senior Lecturer in the Philosophy of Religion at King's College London. He is the author of *Middle Age*, part of the Art of Living series published by Acumen books in 2009, and *Living Philosophy*, published by Edinburgh University Press, 2001.

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