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The choice edith eger summary

The choice is more than an eloquent memoir by Holocaust survivor and psychologist Edite Eva Eger. It is an exploration of the healing potential of choice. When someone chooses to harm us, our sense of self can later be overwhelmed by memories of this pain. But Eger, who has helped countless trauma patients, believes we can regain our autonomy by choosing to face the past, a lesson she learned from her own experience. When Eger was 16, Josef Mengele, the abhorred Auschwitz doctor, made her terrifying choices. He chose for Eger to live and sent her parents to die. On the same day, he chose Eger to dance the Blue Danube for his entertainment. Although Eger was a prisoner, he entered this dance with all the joy that dancing always brought her. Mengele gave her a loaf of bread as a reward for her bravura performance. Eger shared a loaf with the other inmates, and later the girl who had eaten this bread chose to help Eger, saving her life as a result. The ability to choose, although these choices were enclosed by an electrified fence, gave Eger the strength to survive. After the war, she suppressed these memories to spare others the pain of her experience. Guilty of surviving when so many died, Eger watched her marriage fall apart. Another choice that confronted her: Stay in the past or face it and learn to live in the present. Her journey took her back to Auschwitz, where she unlocked the last and darkest memory of that first day, and forgave not only her tormentors, but also and, most importantly, herself. Eger does not suggest that her experience does not combat her, but that she lives a life filled with grace. The choice is not how to book; however, it is an invitation to choose a full life. This article was originally published in bookPage's September 2017 issue. Download the entire Kindle or Nook problem. Why this book: I was advised by my friend Peter Rea and then a couple of weeks later by my girlfriend Letizia Amadini-Lane. Dr. Eger is a Holocaust survivor who tells an amazing story of survival - and she's alive and well and lives in Southern California. Summary in 4 sentences: This is Dr. Edite Eger's story – partly a memoir of an incredible life, but also a philosophy of recovery and opportunity that grew out of the horrors of her Auschwitz time. As a young girl in a middle-class Jewish family in Hungary, she and her family were rounded up and sent to Auschwitz. Her family was divided upon arrival and she never saw her parents again, but she and her sister helped each other survive – barely. The book details the horrors of the Auschwitz time and then describes how her life developed over the next 7 and a half decades - challenges and rewards as an immigrant in America and how she fought and overcame the trauma of Auschwitz to become a strong voice in psychotherapy and dealing with post-traumatic stress. My impressions: This is a powerful book. It with a glimpse into life in a happy Jewish family in Hungary, but with the storm clouds of World War II and the growing threat of anti-Semitism. She shares her story of the horrors of the concentration camp and then of the long recovery. Physically, she recovered in about a year; psychologically, she is still recovering – the trauma and post-traumatic tension were so severe. It is a story about psychological recovery, the lives of immigrants in America, about salvation and forgiveness, and about her message to all who have suffered and about the struggle for them to cope with their suffering. Not only is it powerful, it's a great and exciting read. I couldn't put it down. She tells her story and shares her message in a beautiful, compelling and simple process. Part 1 – Prison. The first part of the book is about her childhood and time in a concentration camp. Dr. Eddie was an active young girl in school and dance, as well as other activities in Kosice, Hungary, and she recounts her confusion as subtle anti-Semitism became increasingly open and ultimately legitimized and institutionalized as the Nazis came to power in Hungary. Then her family was forced out of their homes by the Nazi government in the middle of the night, allowed only a few suitcases and sent to the holding area from which they were transported on trains to Auschwitz. There, which was a bad situation, gradually deteriorated, and she tells the story after the story of the horrors she faced to include her meeting with the notorious Dr. Mengele. She quickly realized that her mother, and possibly her father, had been killed shortly after arriving. She and her sister Magda took big risks to stay together and support each other. As teenage girls, their decision was to try to survive together or die together, and that decision became harder and harder to hold. Somehow together they survived successive selections – those pats in which the Nazis chose those who would live and those who would go to the gas chambers. The end of this ordeal came when her camp was liberated by American soldiers. Edith and her sister Magda had become so weak, injured and incapacitated, and were so close to death that they were sent to a pile of corpses. Edith remembers being barely conscious, between life and death. This part of the book ends with a memorable story about how American GGS screamed at a pile of bodies is anyone living here? Raise your hand if you're alive. She was too weak to answer. When he starts walking away, she can barely move her hand, and he returns and pulls her and Magda out of the pile of dead. She concludes that part of her story with Us has survived the final selection. We're alive. We're together. We're free. Part 2 – Escape. In this part of the book, she recounts the joyful and painful months immediately after her release from the concentration camp, her recovery, her repatriation to Hungary and eventually her hometowns. adapt to a new world. She meets and is judged by her husband, Bela. Shortly after they got married, they realise that the horrors of Nazism in Hungary are being replaced by the repression of the Communist dictatorship. They assume that they no longer have a good life in Hungary. They are struggling with where to go, and the decision is between two places: Israel (then still Palestine) and the US. They had been relatively wealthy in Hungary, but decide to emigrate to the US, neglecting everything. Part 3 – Freedom. They arrive in the U.S. in 1949 and are among the tens of thousands of Indigent European immigrants who came to the U.S. after World War II. She does not speak English, they have no money, they face discrimination as vile immigrants and live in Baltimore in one room in a cold-water apartment, which depends on the help of relatives and other immigrants. Both she and her husband work menial jobs to survive – because that's all they have access to. After all, they have children and slowly get out of poverty and decide to move to Texas, where their wealth is improving. With hard work and discipline, they are able to move steadily in the American middle class and raise their children on the American way. Eventually, she gets a college degree and then finally a PhD in psychotherapy. Her marriage struggles under the stress of her husband and wife, both working hard, raising a family, and under her own struggles to process the horror with which she would not smug from her time in the concentration camp. Eventually, she contacts Victor Frankl, who becomes a mentor to her, and then she eventually becomes the voice and spokesman for Holocaust survivors. She also chooses to accept speaking engagement in Europe and makes the very difficult decision to travel to Auschwitz to face her demons. This decision is the key to her healing – which is the title of the closing section of the book. Part 4 – Healing. She begins this final section by describing one of the last times she saw Victor Frankl, whom she considers one of her two liberators - the first being GI, who pulled her out of a pile of bodies in Gunskirchen, Germany. Victor Frankl gave me permission not to hide anymore, who helped me find the words for my experience that helped me cope with my pain. He helped her discover the purpose of her suffering and the sense of meaning to apply to her life. In this section of the book, she shares how, as a therapist, she helped empower others to take responsibility for their lives rather than being victims of their past. She tells of how she and her sister Magda have coped differently with her pain and nightmares. Neither psychic wounds nor nightmares go by, but Eddie insists that she is no longer a prisoner of her past. Re-visiting Auschwitz and confronting the horrors of her experience were key to her sense of freedom. I wasn't a prisoner anymore, she writes. I went back to Auschwitz looking for a sense of death so I could finally exorcate it. How found was my inner truth, I wanted to recover, my strength and my innocence. She concludes the book with a story about her visit in 2010 to talk to the 71st Infantry Division, the unit that had rescued her from a concentration camp 65 years ago. She writes how she was so happy to be full of adrenaline that she could barely speak. She laughed and cried on stage, full of gratitude. Many of the soldiers in her audience had experienced trauma and painful loss in wars abroad. She concluded her book with words that were key to her message to the troops and are essential to her message to all of us: You cannot change what happened, you cannot change what you did or what was done to you. But you can choose how you live now. My dear, you can choose to be free. _____ – On March 8, 2019, I was able to go out for lunch with my wife Mary Ann, my friends Peter and Letizia, and two of Letizia's friends, Amy and Isabel. We had all read The Choice and wanted to meet Dr. Eddie, ask her about her book and her life, and hear what she had to say. It's a lovely place to stay. Dr Edie is a petite, very well-groomed and attractive young lady of 91 years who is energetically open and very compassionate. She has devoted her life to sharing her story in ways that will help others who may suffer from past trauma or worry. She is very busy; When I picked her up, I asked her what she was doing. She had a performance that week almost every day, and in a few days she would fly to Mexico City for another engagement. She is in great demand and has an executive assistant who helps her manage her many commitments. We're lucky she was able to push us. She asked each of us about her life, but gladly shared her story and regularly referred to what she has learned about self-forgiveness and self-wisdom from her experience in Auschwitz. She told her that her decision to return to Auschwitz was one of the most important decisions of her life to help her heal herself. She shared with us that her publisher asked Choice not primarily a memoir, but a book about her insights about life and healing. Although the book was not released until 2017, it does not cover much of her life after the early 1980s - just a few stories and anecdotes from her teaching and therapy sessions with her patients that help her express her points. There is no mention of her husband Bel's death – although he died in 1993 from the tuberculosis he had contracted during World War II. She has lived in La Jolla for more than 20 years, in a beautiful dwelling overlooking the Pacific Ocean she bought from her daughter, a home she had helped her daughter buy years earlier. Her daughter now lives on the East Coast (I believe in Boston) because her husband has won the Nobel Prize in Economics and still She is so proud of her daughter, who reminded us that she was ashamed of her mother when she was growing up it is a shame that her mother spoke English with a heavy accent and was not like other middle-class American mothers she knew or saw on television in sitcoms and commercials growing up during the 1950s and 1960s. Of course, this has changed, and now they are very close. Dr. Eddie told us that she was working on another book, but this one for children distilling her wisdom into what she called Edie-isms, which children can understand, relate to and remember. During our conversations, she shared with us several Edie-isms, some suitable for children, others for more adults. These are the ones I and others who joined us for lunch could remember: Answer, don't react. Turn hate into a pity frame, and then paraphrase it in each of us there's a little Hitler. No forgiveness without anger.... Jesus' message was that we should love 4 words unconditionally. Please tell me more. There is a difference between Faith and Faith. You don't have to be a cow to learn about milk! What now? Instead of Why me? Auschwitz – where I was told I was inhumane, cancer in society and the only good I can do is come out of the corpse. I was a victim, but I refused to be a victim. I have remorse (I still struggle with not saying that my mother was my sister); I didn't regret it – I was doing the best I could at the time. Instead of asking how your day was, say: I missed you! It's good to see you! I like a man who is kind and has integrity. Don't fight someone who disagrees with you. Listen and let them know that if they are interested, you will share your opinion. Ask: How can I help you? Revenge feels good in the short term, but I was interested in the long term. I forgave Hitler not to be eduded by hatred. You can't control the circumstances, but we can control what we feel, what we think, how we behave. Our prisoner is in our minds, and the key to freeing us is in our pocket, but it takes inner life. We knew who the enemy was, the Nazis. Children who are abused do not know who the enemy is. I don't believe in retirement. My mission is to educate young people and fight ignorance. Do you want to marry you? You?

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