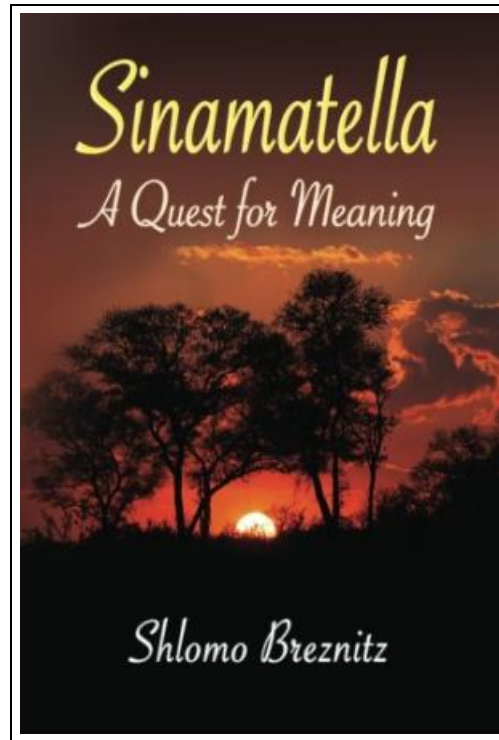


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Samuel Wachtman s Sons, Inc., United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Don s personal life is shattered by a trauma, and he is devastated and helpless. His obsessive, automat-like way of thinking leaves no room for fresh or novel experiences. He seeks help from Irv, a highly unconventional therapist, who sends him to Africa in order to unfreeze his personality. There, at Sinamatella, he starts the long journey back from his deep depression. Slowly, step by step, his inner life, which was an empty shell, starts to evolve, and with it his ability to cope. He meets a person unlike anyone he has known before, who teaches him to trust his intuition. He learns to infuse meaning into the most mundane experiences and thus enrich his life beyond recognition. Sinamatella is a story of hope and of a second chance in life. Shlomo Breznitz is a world-renowned expert in the area of psychological stress and coping. His more recent work is in the area of cognitive aging and brain training. He has published numerous scientific books in his field. The most recent, Maximum Brainpower: Challenging the Brain for Health and Wisdom, which he wrote with Collins Hemingway, was published by Ballantine Books in 2012. In addition he has written two memoirs, Memory Fields and The Tapestry of Life. He was the rector and president of the University of Haifa and briefly served in the Knesset, the Israeli Parliament. He lives in Haifa.



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