



Upside: The New Science of Post-Traumatic Growth

Jim Rendon

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Through cutting-edge research and thoughtful personal stories comes a “compassionate, friendly, and empathetic” (*Kirkus Reviews*) exploration of post-traumatic growth—the emerging idea that psychological trauma doesn’t destroy a person, but can instead spark future growth, self-improvement, and success.

What if there’s an upside to experiencing trauma?

Most survivors of trauma—whether they live through life-threatening illnesses or accidents, horror on the battlefield, or the loss of a loved one—can suffer for months, even years. But recently, psychologists have discovered that PTSD, or Post-Traumatic Stress Disorder, is only a piece of the whole experience. With the right circumstances and proper support, many trauma survivors also benefit after a terrible experience. They emerge stronger, more focused, and with a new perspective on their future.

In the tradition of Po Bronson and Paul Tough, journalist Jim Rendon delivers a deeply reported and unique look at the life-changing implications of post-traumatic growth. The pain and anguish caused by traumatic events can become a force for dramatic life change. It can move people to find deeper meaning in their lives and drive them to help others. But how can terrible experiences lead to remarkable, positive breakthroughs?

Upside seeks to answer just that by taking a penetrating look at this burgeoning new field of study. Comprised of interviews with leading researchers and dozens of inspiring stories, Rendon paints a vivid and comprehensive portrait of this groundbreaking field and offers a roadmap for anyone trying to understand how personal tragedy can lead to a more hopeful and positive future.

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