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HEALTH & WELLNESS



## CAUGHT BETWEEN GENERATIONS

with Dr. Merle Griff



### Caught Between Generations Archives Available

**November 16th 2017: Outperforming the Past:  
The Journey to Overcoming Childhood  
Adversity**

Nearly 75% of us experience some sort of adversity - bullying, loss of a parent, domestic violence, abuse, etc., by the age of 20. Do you know someone who has overcome childhood adversity to achieve success as an adult? We are often amazed when someone beats the odds and rises above their early hardship, but do we know what it took and how they feel about their success? Meg Jay is Dr. Merle's guest this week. The author of SUPERNORMAL tells the stories of ordinary people made extraordinary by dodging bullets and leaping over obstacles to reach their goals. Some are public figures and even

[Read more](#)



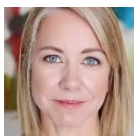
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### Featured Guest



#### Dr. Meg Jay

Meg Jay is a clinical psychologist and an associate professor of education at the University of Virginia.

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