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# Uplift Your Life

NOURISHMENT OF THE SPIRIT



**Uplift Your Life: Nourishment of the Spirit**  
Thursday at 8 AM Pacific  
**June 9th 2022: PTSD: Discovering Hope, Healing, Strength, and Silver Linings**

June is National PTSD Awareness Month, which is why I scheduled Dr. Laurie to be with us this month. As Dan Rather says in the foreword to her new book: "When it comes to teaching how to not just survive life's hardest blows but to eventually thrive, nothing beats a teacher who has learned through personal experience. Once a seasoned journalist but now a practicing psychotherapist, Dr. Laurie Nadel has written a compelling book that guides us through coping with life's most troubling times." Dr. Laurie lost her home during Hurricane Sandy. What she gained were true friendships and the gifts of

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## Featured Guest



### Dr. Laurie Nadel, PhD

Dr. Laurie Nadel, Ph.D. spent the first two decades of her career working in newsrooms and as a field reporter where she came to recognize that people whose lives were shattered by disaster would need long-term support. After earning two doctorates through independent study, in 1991 she opened her practice in Manhattan. Dr. Laurie ran a program for teenagers whose fathers were killed in the 9/11 World Trade Center attacks; a long-term program for Hurricane Sandy survivors; and workshops for teachers at Marjory Stoneman Douglas High School in Parkland, FL. Her latest book is *The Five Gifts: Discovering Hope, Healing and Strength When Disaster Strikes* (Foreword by Dan Rather). She is the autho

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