



Courage To Thrive: Triumph in the Face of Adversity

Stephen Trudeau

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Dr. Stephen Trudeau, otherwise known as the Psych on the Bike, answers a very important question. "How does one overcome adversity and trauma?" By recounting personal stories and sharing the wisdom of countless thrivers, he brings the reader to a place of empowerment. Triumph in the face of adversity takes more than resiliency, it takes courageous acts and investing in the self. Learning strategies about thriving allows the reader to utilize specific exercises to begin to get out of the victim mentality and move way beyond mere surviving. The exercises and philosophical points of view facilitate truly thriving.

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