

Book Group Two

The Choice by Edith Eger

I was reluctant to read this book as it appeared to be about the Holocaust and I have read such a lot about that time. However, it is not about the Holocaust, it is actually more about how the author dealt with the aftermath and life beyond and about the choices we all make in life. The memories of Auschwitz, the death marches and being pulled out alive from a pit of dead bodies is, as you would expect, harrowing but if you stick with it, you will be rewarded by a deeply moving but uplifting book. She goes on to become a psychologist and, as she recounts some of her experiences with certain clients, it becomes obvious how important they are to her recovery over time.

Those of us who read the book (and not all were able to) thought it was one of the best books we had read, profound and thought-provoking. The themes of survivor guilt, forgiveness and moving forward were explored in a well written way. As she writes, you can't change what has happened to you but you can choose how to deal with it. It did take her many years to reach this conclusion and the journey was often painful but you are left with the impression that she has made the most of her life. A book that we would recommend to readers.

We usually meet every two months in the summer and once a month in the winter, on the second Monday in the month, although this can vary.

Please contact Elizabeth Long on 01833 641494 or by email through the web page for further details.

Future Meeting

Monday, 11th May at 2pm when we will be discussing *Orphan Boys* by Phil Mews