**The Choice**

A native of Hungary, Edith Eva Eger was just a teenager in 1944 when she experienced one of the worst evils the human race has ever known. As a Jew living in Nazi-occupied Eastern Europe, she and her family were sent to Auschwitz, the heinous death camp. Her parents were sent to the gas chambers but Edith’s bravery kept her and her sister alive.  Toward the end of the war Edith and other prisoners had been moved to Austria. On May 4, 1945 a young American soldier noticed her hand moving slightly amongst a number of dead bodies. He quickly summoned medical help and brought her back from the brink of death.

After the war Edith moved to Czechoslovakia where she met the man she would marry. In 1949 they moved to the United States. In 1969 she received her degree in Psychology from the University of Texas, El Paso. She then pursued her doctoral internship at the William Beaumont Army Medical Centre at Fort Bliss, Texas.

Dr. Eger is a prolific author and wrote a book called The Choice. She has worked with many people who have survived traumatic experiences. A fellow writer Joanna C Valente described her as “groundbreaking” and identifies Dr. Eger “paved the road for treatment of trauma survivors”. Dr. Eger has appeared on numerous television programs including CNN and the Oprah Winfrey Show. She is frequently invited to speaking engagements throughout the United States and abroad.

*“We were put in [a] place we weren’t prepared for. We were told one thing and found another. When we get angry, we aren’t angry at what is happening. We are angry because our expectations aren’t met.”****— Dr. Edith Eger***

Adapted Source: https://dreditheger.com/about/

**The Choice Questions**

1. Where is Edith Eva Eger a native of?

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1. Where did she move to after the war?

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1. What is the name of her book?

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1. When people get angry, what does she think people are angry at?

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1. Can you relate to the quote below? If so how do you think it is relative to you?

*“We were put in [a] place we weren’t prepared for. We were told one thing and found another. When we get angry, we aren’t angry at what is happening. We are angry because our expectations aren’t met.”****— Dr. Edith Eger***

I think the quote relates to me because …..

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*Stretch & Challenge Activity – Visit the library and read The Choice, keep in mind how Dr Edith Eger overcame adversity.*

**The Choice Questions**

1. Where is Edith Eva Eger a native of? Hungary
2. Where did she move to after the war? Czechoslovakia
3. What is the name of her book? The Choice
4. When people get angry, what does she think people are angry at? Expectations not being met
5. Can you relate to the quote below? If so how do you think it is relative to you?

*“We were put in [a] place we weren’t prepared for. We were told one thing and found another. When we get angry, we aren’t angry at what is happening. We are angry because our expectations aren’t met.”****— Dr. Edith Eger***

Stretch & Challenge Activity – Visit the library and read The Choice, keep in mind how Dr Edith Eger overcame adversity.