



# A Blessing in Disguise: 39 Life Lessons from Today's Greatest Teachers

*Andrea Joy Cohen M.D.*

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**A Blessing in Disguise: 39 Life Lessons from Today's Greatest Teachers** Andrea Joy Cohen M.D.

Today's greatest luminaries generously share personal stories about their most challenging experience-and provide the healing wisdom that helped them emerge fortified with inner-peace, strengthened faith, and a deeper understanding of life.

Features pieces by:

Dean Ornish

Rachel Naomi Remen

Bernie Siegel

Joan Borysenko

Harriet Lerner

Belleruth Naparstek

Stephen Levine

Martha Beck

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