

Lessons On Resilience From Burn Survivor

Resilience is a quality that we all strive to possess. It is the ability to bounce back from adversity, to keep going despite the challenges that life throws at us. While some individuals seem naturally resilient, others have to learn and develop this trait through life experiences. One group of people who can teach us a lot about resilience are burn survivors.

Surviving a burn injury is a life-altering event that can leave both physical and emotional scars. The road to recovery is long and challenging, but many burn survivors have been able to rise above their circumstances and lead fulfilling lives. In their journey, they have learned invaluable lessons about resilience that can inspire and empower us all.

Lesson 1: Acceptance and Self-Love

One of the first and most important lessons burn survivors learn is the importance of accepting themselves and embracing their new reality. When faced with disfigurement and physical changes, it can be easy to fall into self-pity and a mindset of negativity. However, burn survivors understand that their scars are a part of who they are and instead of feeling ashamed, they learn to own their unique beauty. This acceptance and self-love become the foundation upon which they build their resilience.

Flashback Girl: Lessons on Resilience from a Burn Survivor by Lise Deguire(Kindle Edition)

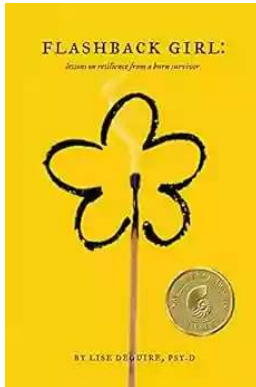
★★★★☆ 4.7 out of 5

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Enhanced typesetting : Enabled
X-Ray : Enabled
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Lesson 2: Perspective and Gratitude

Experiencing the pain and trauma of severe burns can shift one's perspective on life. Burn survivors often develop a deep sense of gratitude for the little things and find joy in the everyday moments that others take for granted. They have witnessed the fragility of life and understand that every day is a gift. This perspective allows them to appreciate the present moment and find resilience in the face of adversity.

Lesson 3: Seeking Support and Connection

Resilience is not about going through challenges alone. Burn survivors understand the power of seeking support from others who have experienced similar hardships. Connecting with fellow survivors allows them to share their stories, find comfort in knowing they are not alone, and learn from each other's coping strategies. This sense of community helps build resilience and provides a support system during difficult times.

Lesson 4: Embracing Vulnerability

Burn survivors have faced immense vulnerability, both physically and emotionally. They have had to expose their wounds, both visible and invisible, to medical

professionals, therapists, and loved ones. In doing so, they have learned that vulnerability is not a weakness but a strength. By embracing their vulnerability, they have been able to open up to healing, growth, and ultimately, resilience.

Lesson 5: Adaptability and Flexibility

Life after a burn injury requires constant adaptation. Things that were once simple or effortless become challenging, and burn survivors must find new ways to accomplish daily tasks. This adaptability teaches them to be flexible and resourceful, skills that are essential in building resilience. They understand that change is inevitable, and rather than resisting it, they embrace it as an opportunity for growth.

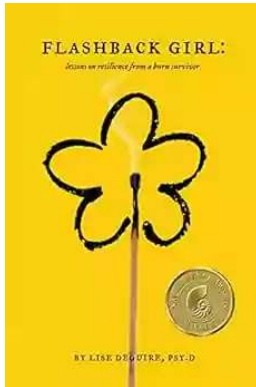
Lesson 6: Finding Purpose and Passion

Surviving a burn injury often leads individuals to question their purpose and meaning in life. Many burn survivors discover a newfound passion, a cause, or a purpose that drives them forward. This sense of purpose becomes a powerful motivator and helps them overcome obstacles on their path to resilience. By finding something greater than themselves to fight for, they are able to tap into an inner strength they never knew existed.

Burn survivors have endured unimaginable pain and adversity, but their stories are a testament to the incredible power of resilience. They have learned to accept themselves, shift their perspective, seek support, embrace vulnerability, adapt, and find purpose. These lessons are universally applicable to all of us, regardless of our circumstances. By incorporating these lessons into our own lives, we can cultivate resilience and thrive in the face of challenges.

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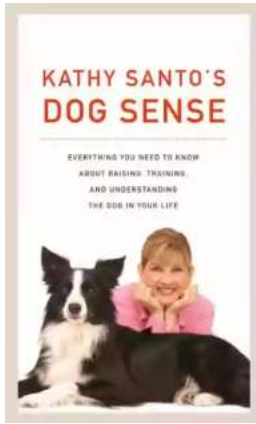


2020 Nautilus Book Award for Memoir, Gold; 2021 Next Generation Indie Book Award for Memoir, Finalist

At the age of four, Dr. Lise Deguire suffered third-degree burns on 65% of her body as the result of both maternal and corporate negligence. Against the odds, she lived through the trauma, beginning decades of treatment as a burn survivor. Some chapters of this gripping journey focus on early events, including the story of the fire, her years of painful surgeries in the hospital, social isolation and bullying. Other chapters focus on her adult life, such as her struggles to find romantic love, being a parent, and her work as a clinical psychologist.

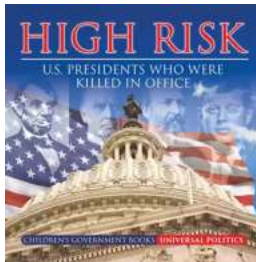
Dr. Deguire recounts her childhood with two narcissistic parents and their futile struggles to find happiness. She tells the tragic story of her family, which includes artistic genius, stark neglect, and four suicides. Most importantly, she explains her long but ultimately triumphant path towards love, health, and life satisfaction.

The voice of Flashback Girl is warm and engaging. Despite the seriousness of the subject, the tone of the book is positive and humorous, without self-pity. The aim is to inspire those who suffer to keep pushing on. If the author can make it, despite the tremendous odds against her, there is hope for all.



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