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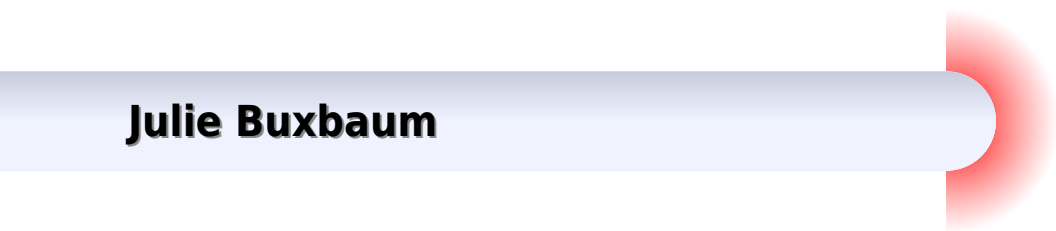
Middletown, America

One Town's Passage
from Trauma to Hope



Middletown America One Towns Passage From Trauma To Hope

Julie Buxbaum



Middletown America One Towns Passage From Trauma To Hope:

Middletown, America Gail Sheehy, 2003-09-02 The single event that we know as 9 11 is over but the shock waves continue to radiate outward generated by orange alerts terrorism lockdowns and the shrinking of personal liberties we once took for granted The stories in this book of real people faced with extraordinary trauma and gradually transcending it are the best antidote to our fears Middletown America is a book of hope All Americans were hit with some degree of trauma on September 11 2001 but no place was hit harder than Middletown New Jersey Gail Sheehy spent the better part of two years walking the journey from grief toward renewal with fifty members of the community that lost more people in the World Trade Center than any other outside New York City Her subjects are the women men and children who remained after the devastation and who are putting their lives back together Sheehy tells the story of four widowed moms from New Jersey who started out scarcely knowing the difference between the House and the Senate yet turned their sorrow and anger into action and became formidable witnesses to the failures of the country's leadership to connect the dots before September 11 Sheehy follows the four moms as they fight White House attempts to thwart the independent commission investigating 9 11 and expose efforts at a cover up What would become of the young wives carrying children their husbands would never see wives who had watched their dreams literally go up in smoke in that amphitheater of death across the river Amazingly each finds her own door to the light Here too is the story of the widow and widower who met in the waiting room of a mental health agency and brought each other back from the brink of despair across a bridge of love Sheehy also reveals how bereft mothers who will never have another son or daughter found reasons to recommit to life And she follows in the footsteps of the robbed children documenting the incredible resilience of four year olds the anger of teenagers the courage of sisters and brothers Sheehy follows survivors who escaped the burning towers only to find themselves trapped inside a tower of inner torment from which it took love family and faith to free themselves She is taken into the confidence of the night crew at Ground Zero police officers who worked in that pit for eight months straight and then faced the returning home phenomenon She recounts the confessions of religious leaders who struggled to explain the inexplicable to their flocks Mental health professionals confide in her as do corporate chiefs educators friends and neighbors towns of officials and volunteers who rose to the occasion and committed themselves to healing their wounded community As a journalist who conducted more than nine hundred interviews Gail Sheehy is an impeccable researcher As a writer with a novelistic gift she weaves the individual stories into a compelling narrative Middletown America illuminates every stage of a tumultuous passage from shock passivity and panic attacks to rising anger and deep grieving and on to the secret romances and startling relapses the realignment of faith the return of a capacity to love and be loved and finally the commitment to constructing new lives

Hope and Other Punch Lines Julie Buxbaum, 2019-05-07 The New York Times bestselling author of *Tell Me Three Things* and *What to Say Next* delivers a poignant and hopeful novel about resilience and reinvention first love and lifelong friendship the legacies of loss

and the stories we tell ourselves in order to survive A luminous lovely story about a girl who builds a future from the ashes of her past KATHLEEN GLASGOW New York Times bestselling author of *Girl in Pieces* Sometimes looking to the past helps you find your future Abbi Hope Goldstein is like every other teenager with a few smallish exceptions her famous alter ego Baby Hope is the subject of internet memes she has asthma and sometimes people spontaneously burst into tears when they recognize her Abbi has lived almost her entire life in the shadow of the terrorist attacks of September 11 On that fateful day she was captured in what became an iconic photograph in the picture Abbi aka Baby Hope wears a birthday crown and grasps a red balloon just behind her the South Tower of the World Trade Center is collapsing Now fifteen years later Abbi is desperate for anonymity and decides to spend the summer before her seventeenth birthday incognito as a counselor at Knights Day Camp two towns away She's psyched for eight weeks in the company of four year olds none of whom have ever heard of Baby Hope Too bad Noah Stern whose own world was irrevocably shattered on that terrible day has a similar summer plan Noah believes his meeting Baby Hope is fate Abbi is sure it's a disaster Soon though the two team up to ask difficult questions about the history behind the Baby Hope photo But is either of them ready to hear the answers

American Unexceptionalism Kathy Knapp, 2014-05 The novels in question all take place in the sprawling terrain that stretches out beyond the Twin Towers the postwar suburbs that since the end of World War II have served like the Twin Towers themselves as a powerful advertisement of dominance to people around the globe by projecting an image of prosperity and family values These suburban tales and their everyman protagonists grapple however indirectly with the implications of the apparent decline of the economic geopolitical and moral authority of the United States In the context of perceived decay and diminishing influence these novels actively counteract the narrative of American exceptionalism frequently peddled in the wake of 9/11

Crisis Intervention Alan A. Cavaola, Joseph E. Colford, 2017-10-24 Crisis Intervention takes into account various environments and populations across the lifespan to provide students with practical guidelines for managing crises Drawing on over 25 years of relevant experience authors Alan A Cavaola and Joseph E Colford cover several different types of crises frequently encountered by professionals in medical school work and community settings Models for effectively managing these crises are presented along with the authors own step by step approach the Listen Assess Plan Commit LAPC model giving students the freedom to select a model that best fits their personal style or a given crisis Future mental health professionals will gain the knowledge skills and confidence to help their clients manage the crises they will encounter in their day to day lives

Tourists of History Marita Sturken, 2007-11 Study of how the memorials created in Oklahoma City and at the World Trade Center site raise questions about the relationship between cultural memory and consumerism

Wounded City Nancy Foner, 2005-08-25 New York has eight million deeply personal and unique stories of pain and perseverance from September 11 2001 But the toll of tragedy is greater than the anguish it inflicts on individuals communities suffer as well In *Wounded City* editor Nancy Foner brings together an

accomplished group of scholars to document how a broad range of communities residential occupational ethnic and civic were affected and changed by the World Trade Center attacks Using survey data and in depth ethnographies the book offers sophisticated analysis and gives voice to the human experiences behind the summary statistics revealing how the nature of these communities shaped their response to the disaster Sociologists Philip Kasinitz Gregory Smithsimon and Binh Pok highlight the importance of physical space in the recovery process by comparing life after 9 11 in two neighborhoods close to ground zero Tribeca which is nestled close to the city s downtown and Battery Park City which is geographically and structurally separated from other sections of the city Melanie Hildebrandt looks at how social solidarity changed in a predominantly Irish middle class community that was struck twice with tragedy the loss of many residents on 9 11 and a deadly plane crash two months later Jennifer Bryan shows that in the face of hostility and hate crimes many Arab Muslims in Jersey City stressed their adherence to traditional Islam Contributor Karen Seeley interviews psychotherapists who faced the challenge of trying to help patients deal with a tragedy that they themselves were profoundly affected by Economist Daniel Beunza and sociologist David Stark paint a picture of organizational resilience as they detail how securities traders weathered successive crises after evacuating their downtown office and moving temporarily to New Jersey Francesca Polletta and Lesley Wood look at a hopeful side of a horrible tragedy civic involvement in town meetings and public deliberations to discuss what should be done to rebuild at ground zero and help New Yorkers create a better future in the footprints of disaster New Yorkers suffered tremendous losses on September 11 2001 thousands of lives billions of dollars the symbols of their skyline and their peace of mind But not lost in the rubble of the World Trade Center were the residential ethnic occupational and organizational communities that make up New York s rich mosaic Wounded City gives voice to some of those communities showing how they dealt with unforeseen circumstances that created or deepened divisions yet at the same brought them together in suffering and hope It is a unique look at the aftermath of a devastating day and the vitality of a diverse city A Russell Sage Foundation September 11 Initiative Volume

The Evolution of Cognitive Behavior Therapy
Donald Meichenbaum, 2017-02-17 The Evolution of Cognitive Behavior Therapy A Personal and Professional Journey with Don Meichenbaum explores the untold story of how Cognitive Behavior Therapy emerged and discusses the controversies encountered along the way This volume will feature a personal account of Don Meichenbaum s contributions from his initial work on self instructional training with schizophrenics and impulsive children through his work on stress inoculation training and his most recent works with traumatized individuals These previously published papers are complemented with updated papers and accompanying commentary

[Project Rebirth](#) Dr. Robin Stern, Courtney E. Martin, 2011-08-18 Written in conjunction with the documentary Rebirth a full decade in the making an uplifting look at the lives of nine individuals whose lives were forever changed by the largest tragedy our nation has ever faced The images of the burning towers the heartbroken friends building memorials the minute by minute accounts of the horrors of that day all are indelibly etched on

our collective consciousness But what of those left behind after 9 11 What have they and we learned from the gift of time In Project Rebirth a psychologist and a journalist examine the lives of nine people who were directly affected by the events of September 11 2001 Written concurrently with the filming of a forthcoming documentary it is uniquely positioned to tackle the questions raised about how people react in the face of crippling grief how you maintain hope for a future when your life as you knew it is destroyed and the amazing ability of humans to focus on the positive aspects of day to day living in the face of tragedy The project follows people dedicated to rebuilding both physically and emotionally Spirituality resilience and hope are at the center of their stories Brian who lost his firefighter brother spent two years working at Ground Zero and then helped to rebuild the PATH train station Tanya who lost her fianc e on 9 11 finds new love new life and joy as a mother in the years following all doors she thought closed to her forever Not a book that recounts the events of that day and not a book about grief Project Rebirth is a book about resilience and finding inner peace **Roadmap to Resilience** Donald

Meichenbaum, 2012-01-01 For the military veteran or anyone who has experienced a traumatic event returning to normal living can be a challenge Be that as it may even after events such as natural disasters accidents or one of intentional human design e g combat a terrorist attack a sexual assault etc approximately 70 to 80 percent of individuals who are impacted adjust successfully These individuals demonstrate resilience and in some instances even post traumatic growth But the remaining percentage will evidence lingering clinical disorders and adjustment problems such as PTSD anxiety depressive and substance abuse disorders that can result in suicidal acts aggressive behavior and divorce Roadmap to Resilience includes over 100 ways to develop individual and family resilience bolstering action plans to help those experiencing adjustment problems In addition it includes numerous narrative examples of successful coping from resilient individuals self improvement activities and a comprehensive source guide designed to help the reader locate the exact information they need to address their situation This guidebook highlights ways that returning service members can successfully reintegrate into civilian life and how other trauma victims can cope with loss Clinicians will find it an invaluable resource for translating evidence based interventions into specific guidelines for their clients *A New Jersey Anthology* Maxine N. Lurie, 2010 This anthology contains seventeen essays covering eighteenth century agrarian unrest the Revolutionary War politics in the Jackson era feminism and the women s movements slavery from the seventeenth to the nineteenth centuries strikes and labor struggles land use and regional planning issues Blacks in Newark the current political state of New Jersey and more The contributors are Michal R Belknap Lynn W Dorsett Gregory Evans Dowd Charles E Funnell Steve Golin Maxine N Lurie Richard P McCormick Gary Mitchell Simeon F Moss Marie Marmo Mullaney Mary R Murrin Gerald M Pomper Clement A Price Thomas L Purvis Daniel Schaffer Warren E Stickle III Maurice Tandler

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