



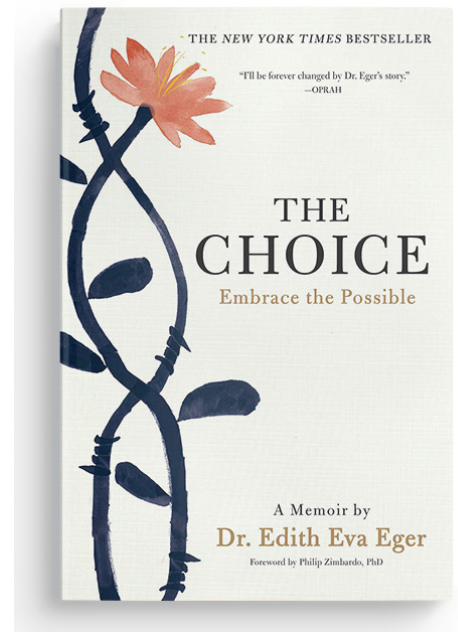
Dr Edith Eger	
(AUTHOR)	
The Choice	
(BOOK TITLE)	
DATE	TIME
13 APR 2021	8:00PM ET

HOLLY FURTICK

*Book Club!*

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# Book Club!



## ABOUT THE AUTHOR - DR. EDITH EVA EGER

- An eminent psychologist and one of the few remaining Holocaust survivors old enough to remember life in the camps, Dr. Edith Eger has worked with veterans, military personnel, and victims of physical and mental trauma. She lives in La Jolla, California. She is the author of award-winning books, *The Choice* and *The Gift*.
- At age 90, she published *The Choice*.

## ABOUT THE BOOK

- *The Choice* is partly a memoir and partly a philosophy of recovery. Dr. Edith shares her story as a Holocaust survivor and parallels her story with present-day stories of others she's helped find healing as a professional therapist.
- As a young girl in a middle class Jewish family in Hungary, she and her family were rounded up and sent to Auschwitz. Her family was split up on arrival and she never saw her parents again, but she and her sister helped each other to survive – barely. The book details the horrors of her time in Auschwitz and then goes on to cover how her life evolved over the next 7 and a half decades – the challenges and rewards of being an immigrant in America and how she struggled and overcame the trauma of Auschwitz to become a powerful voice in psychotherapy and dealing with Post-Traumatic Stress.

## SETTING:

- World War II (late 1930's - 1940's)
- Košice - Called Kassa during that time (then Hungary, now Slovakia)
- El Paso, Texas

## **THEMES**

- Trauma
- Abuse
- Strength
- Self-Help
- Forgiveness
- Hope
- Family

## **MAIN CHARACTERS**

- Dr. Edith Eger (Edie)
- Lajos (father)
- Ilona (mother)
- Magda (sister who survived camps with her)
- Klara (sister who was the violin prodigy)
- Josef Mengele (Angel of Death)
- Imre
- Béla (husband) Bay-la
- GI who saved her life

## **MEMORABLE SCENES**

- Magda's hair
- Recipe discussions in Auschwitz
- Getting remarried to her husband
- Saying goodbye to her mother after revisiting Auschwitz

## **QUESTIONS TO DISCUSS**

- What impacted you the most from this book?
- Which of Dr. Eger's patients did you relate to?

## **QUOTES**

- "Suffering is universal. but victimhood is optional."
- "Survivors don't have time to ask, 'Why me?' For survivors, the only relevant question is, 'What now?' "
- "Decades after my literal imprisonment had ended, I was still choosing not to be free. I had my secret, and my secret had me."
- "I can't heal you-or anyone-but I can celebrate your choice to dismantle the prison in your mind, brick by brick. You can't change what happened, you can't change what you did or what was done to you. But you can choose how you live now. My precious, you can choose to be free."
- "Healing isn't about recovery; it's about discovery. Discovering hope in

hopelessness, discovering an answer when there doesn't seem to be one, discovering that it's not what happens that matters—it's what you do with it.”

- “Sometimes moving forward means circling back.”