



# Leverage: The Science of Turning Setbacks into Springboards

*Claire Dorotik-Nana M.A.*

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When victory is our only goal, we miss out on life's richest rewards. But what about triumphing over trauma? Isn't that a worthy goal? The answer, of course, is yes. And yet too often we rush to put our difficulties behind us, thinking this allows us to get on with our lives and marks us as resilient. What if the best way forward is not to skip to the end but to struggle for as long as necessary?

Licensed marriage and family therapist Claire Nana, LMFT, is passionate about the remarkable concept of posttraumatic growth. Having endured the murder of her father and incarceration of her mother, she learned firsthand how battling adversity head-on forces you to look for joy in unexpected places and uncover strengths you weren't aware you had. By paying attention to the journey, for better or worse, rather than focusing solely on the finish line, you open yourself to opportunities and discover personal depths you would've otherwise missed.

Cultivating happiness is a process. Reading *Leverage* will remind you that sometimes the long way produces the most lasting results—and that you can only reach tomorrow's triumph by being present for today's trouble.

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