

# OFFICIAL PRESS KIT 2024



*Dr. Edith Shiro*  
*Space Holder for Transformation.*



THE  
POST-TRAUMATIC  
GROWTH EXPERT

[dreditshiro.com](http://dreditshiro.com)



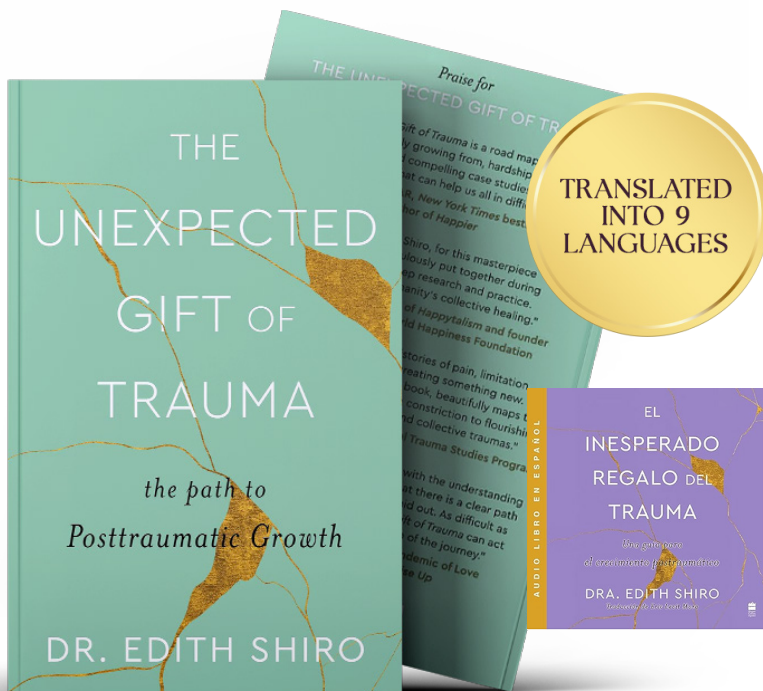
# CLINICAL PSYCHOLOGIST

## Internationally-Renowned

### EXPERTISE

- Immigrated from Venezuela to New York and studied at Yeshiva University
- Post-doctoral certification in Couples & Family Therapy at Ackerman Institute
- Certified in international trauma & PTSD from New York University's International Trauma Studies program.

### NEW BOOK



### As Seen On



### HIGHLIGHTS

- Extensive research in Cambodian, Latin American, and refugee populations, including Holocaust survivors.
- A unique five-stage PTG process that picks up where other trauma therapies stop.
- Awareness, Awakening, Becoming, Being, and Transforming—provide a universal language and catalyst for transformative growth.
- A blueprint for developing coping skills and resilience for post-traumatic growth.



# PTG EXPERT

a new paradigm shift

## Multi-Lingual Multi-Cultural

Dr. Edith Shiro, a licensed clinical psychologist with a wealth of experience who has graced numerous stages, earning prestigious awards and recognition throughout her 25-year clinical career.

“When we are willing to do the work and show up fully committed, post-traumatic growth offers a way to a richer, more connected life—not in spite of what we’ve gone through, but because of it.”

—Dr. Edith Shiro



## HOT TOPICS

5 Stages of Post-Traumatic Growth:  
A Roadmap to Rejoining the World

Raising Resilient Kids:  
Preparing Them to Handle Bullying, Violence, and other Challenges

Cultural Crossroads Holding Us Back:  
How to Navigate Communities in Crisis

Surviving Divorce:  
The How, Why, and What’s Next

LatinX, BIPOC, LGBTQ Roadblocks:  
What Underserved Groups Must Know About Pushing Past Crippling Anxiety, Fear, and Anger

Anxiety, PTSD, and Chronic Stress:  
Winning America’s Mental Health War

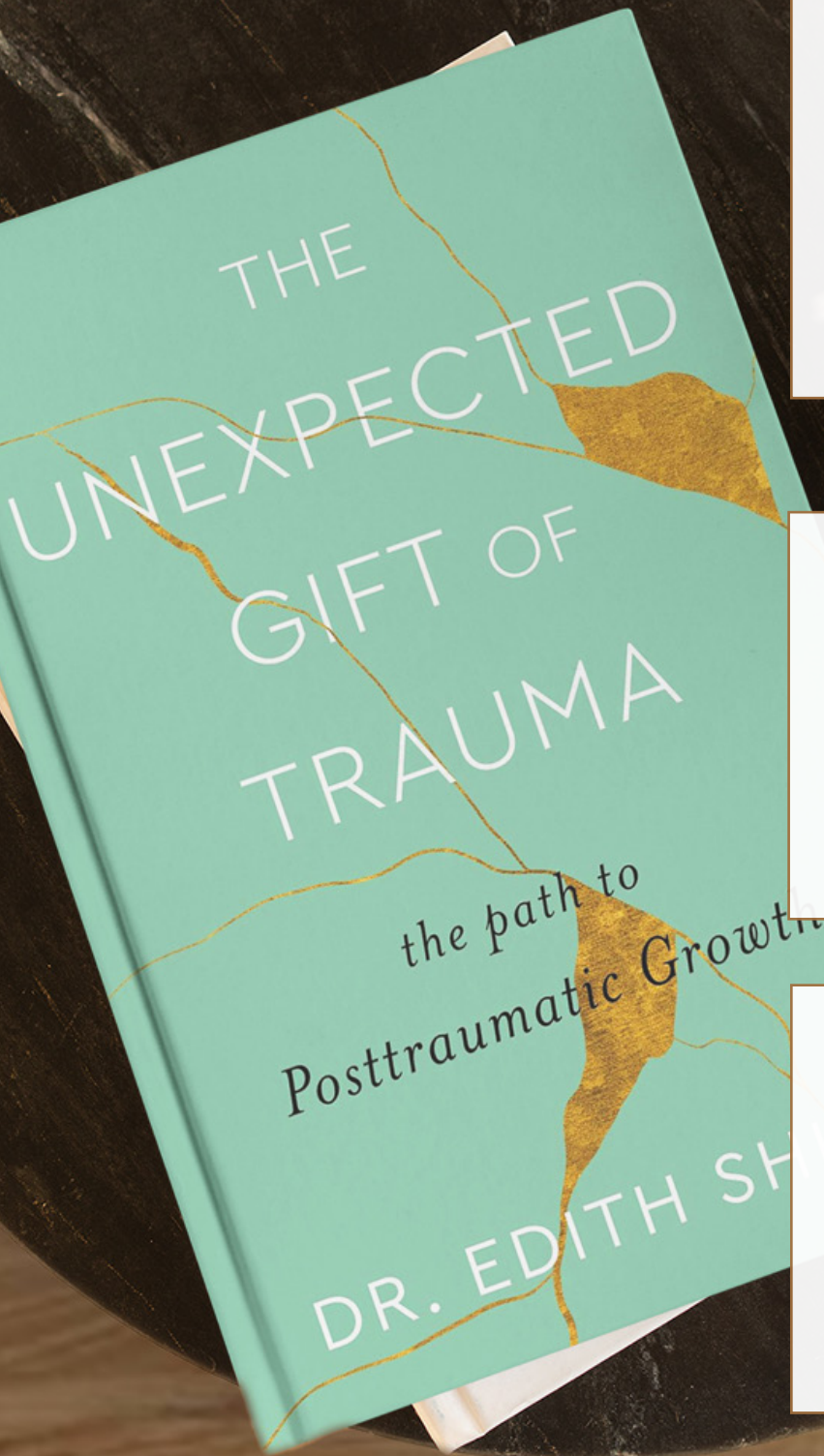


For media appearances, interviews, or book purchases contact:

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# DR. EDITH SHIRO

## *The Post-Traumatic Growth Expert*



*The Unexpected Gift of Trauma* is a roadmap for dealing with, and ultimately growing from, hardship. Based on rigorous research and compelling case studies, Edith Shiro has written a book that can help us all in difficult times.

**TAL BEN-SHAHAR**

*New York Times* bestselling author of *Happier*



Thanks, Dr. Edith Shiro, for this masterpiece that has been meticulously put together during so many years of deep research and practice. It is a roadmap to humanity's collective healing.

**LUIS GALLARDO**

Author of *Happytalism* and Founder of the World Happiness Foundation



I highly recommend Dr. Shiro's well-written and informative book for students and experienced mental health professionals.

**PAULINE BOSS, PH.D.**

Author of *Loss, Trauma, and Resilience*, *The Myth of Closure*, *Loving Someone Who Has Dementia*, and more ...



# FACTS

- Each day 12 children die from gun violence in America. Another 32 are shot and injured. [SOURCE](#)
- 160,000 kids per day skip school for fear of being bullied. [SOURCE](#)
- According to the American Psychological Association, approximately 40-50% of first marriages end in divorce. [SOURCE](#)
- 108.4 million people worldwide were forcibly displaced at the end of 2022 as a result of persecution, conflict, violence, human rights violations or events seriously disturbing public order. [SOURCE](#)
- Bankruptcy filings, including all chapters, totaled 37,327, a 12% increase from the September 2022 total of 33,210. [SOURCE](#)

A groundbreaking approach to healing from trauma and experiencing posttraumatic growth from a leading psychologist, featuring a powerful, five-stage framework to help readers not just recover, but thrive and transform.

Trauma has always been part of the human experience, and traumatic events—both physical and emotional—can shake our very foundation and leave us forever changed. While we know more about the lasting neurological and physical effects of trauma than we did a decade ago, few people realize that experiencing trauma doesn't have to sentence you to a lifetime of suffering and grief.

In this first book of its kind, renowned clinical psychologist Dr. Edith Shiro shares a powerful, five-stage framework for posttraumatic growth, a transformational process that helps you not just heal, but achieve growth and expand consciousness in the face of trauma. Inspired by her grandparents,

who were refugees and Holocaust survivors, Dr. Shiro has dedicated her life to individuals, families, and communities facing trauma and its aftereffects. Developed over more than twenty-five years of research and practice, Dr. Shiro's stages—Awareness, Awakening, Becoming, Being, and Transforming—provide a universal language and outline how trauma can be a catalyst for transformative growth.

Grounded in science and psychology, and filled with practical tools and takeaways, *The Unexpected Gift of Trauma* offers a bold, new definition of trauma, touching on individual as well as collective and intergenerational trauma. Dr. Shiro brings the power of posttraumatic growth to the forefront and reveals a groundbreaking new way to think about and heal from traumatic experiences.



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