



Spiral - symbol for the journey of the soul

Working through crisis - a learning process in eight spiral phases

### Why me?

- People ask who have been struck by a stroke of fate. In this book, people affected by crises describe their successful or failed attempts to live with their crises, their struggles with God and the people around them, their experiences with professional support and counselling in fellowship.

By her analysis of over 2000 life-histories covering a century and through her decades of experience in crisis counselling for the affected, Erika Schuchardt has discovered a way to work through crisis which she describes here - illustrated by the image of the ascending spiral. She also draws our attention to people who support others in their crises and are changed themselves in the process, becoming able to live their lives creatively and actively.



Translations of previous editions into several languages:  
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## Opinions on the Book

... This is an extraordinary book that every one of us should give ourselves as a present...: every page of this book is a precious pearl..., enriching, indispensable..., for meditation, discussion, research, teaching and for life in general...

*Prof. Dr. Aalen Leenderts, Oslo/Norway*

... an exciting and provocative read ... From whichever angle you approach the book - it affects your life, opens up new dimensions of understanding and new methods in practice ... Is there anything else one could ask for...?

*Prof. Dr. U. Becker, World Council of Churches, Geneva/Switzerland*

... Rarely have I felt that the author of a book has so much to give and understands me so well ... I was surprised to see my life and the experiences of many a parent portrayed so authentically ...

*W. Rupprecht, mother of a suffering child*

... a treasure trove, e.g. in its structured and annotated bibliography of over 2000 life-histories from all over the world ... The book meets all requirements: literary quality, good readability and fit for use in many different settings ...

*Literary Advisory Board, Association of German Protestant Libraries, Evangelical Church in Germany*

... For medicine, theology and education, for counselling, diaconal ministry, youth work and adult education, Erika Schuchardt's book is a challenge - for the affected and for us all it is of personal help, altogether a work for which one has to be grateful ...

*Prof. Dr. Karl E. Nipkow, University of Tübingen*



Erika Schuchardt, Professor of Philosophy, born in Hamburg in 1940, Professor at the University of Hanover. With numerous publications at home and abroad, she has been awarded Prizes for Literature and a gold 'Cross and Crown' (award of the Evangelical Church in Germany).

Member of the Synod of the Evangelical Church in Germany (EKD) and member of ecumenical committees of the World Council of Churches in Geneva (WCC) from 1972-1990. Vice-President of the German UNESCO Commission from 1984-1996. Co-founder of the Federal Study Group "For the Children of Chernobyl" since 1989. Member of the German Bundestag since 1994 and of the Study Commission "Law and Ethics in Modern Medicine" since 2000.

In purchasing this book you support the Belorussian-German Foundation "For the Children of Chernobyl".

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Awarded the Prize for Literature

# Erika Schuchardt

# Why me...?

# Learning to live in Crises

The Result of a Study of Life-Histories

over the Course of a century  
 11<sup>th</sup> edition, revised and expanded

- Jubilee edition -



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