

Exploring the Psychological Benefits of Hardship

Can individuals learn, change and show personal development after experiences of adversity and hardship? Is there empirical evidence to support the famous saying: *'that which does not kill us, makes us stronger'*? In this book for the Springer Briefs in Psychology section, Laura Blackie and her colleague Eranda Jayawickreme undertake a critical analysis of the theory and evidence on the notion of post-traumatic growth to date and discuss what psychologists know about this topic and what research needs to happen next to gain further answers to this age-old question.

<https://www.springer.com/gp/book/9783319479873>

Testimonies of Violence, Change and Reconciliation:

As part of her involvement in the Rwandan Stories of Change Project, Laura Blackie contributed alongside her academic colleagues at the University of St. Andrews and University of Stirling, UK-based NGO the Aegis Trust, and the Genocide Archive Rwanda to the publication of previously unpublished testimonies from individuals who lived through the 1994 Genocide in Rwanda. The resulting book of testimonies is positioned through the lens of positive psychology and portrays a range of voices on the experiences, challenges and healing process after the genocide.

After the Genocide in Rwanda Testimonies of Violence, Change and Reconciliation:
<https://www.bloomsbury.com/uk/after-the-genocide-in-rwanda-9781788318280>

Rwandan Stories of Change Project website:

<https://www.st-andrews.ac.uk/modern-languages/research/impact/rwandan-stories-of-change/>