



from *Wishing Upon a Star: A Tale of the Holocaust and Hope* by Eline Hoekstra Dresden

During my years of public speaking, I have been asked repeatedly, “How did you live through the Holocaust?” I usually answer, “I really don’t know.” However, the following list provides examples of things that worked for me (along with luck).

Tools for Survival

- Be alert, not paranoid
- Be optimistic, but realistic
- Find strength in faith (whichever!)
- Recognize hidden danger
- Do not ever show weakness
- Listen to “gut” feelings
- Use humor daily!
- Draw on inner strength
- Take care of your health
- Stay productive
- Don’t let your guard down
- Face danger with courage
- Share your fears with others
- Do not ever give up hope
- Before going to sleep, imagine better times
- Draw sustenance from memories
- Be a quick thinker

Keep these tools in good repair!

Eline Hoekstra Dresden