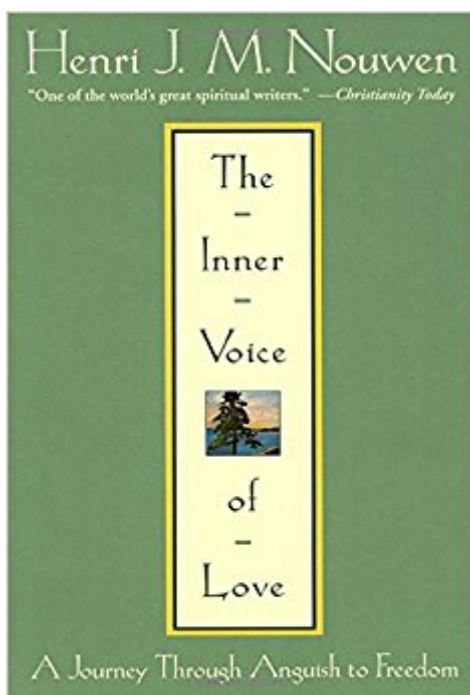


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# The Inner Voice Of Love: A Journey Through Anguish To Freedom



## Synopsis

This is Henri Nouwen's "secret journal." It was written during the most difficult period of his life, when he suddenly lost his self-esteem, his energy to live and work, his sense of being loved, even his hope in God. Although he experienced excruciating anguish and despair, he was still able to keep a journal in which he wrote a spiritual imperative to himself each day that emerged from his conversations with friends and supporters. For more than eight years, Henri Nouwen felt that what he wrote was too raw and private to share with others. Instead, he published *The Return of the Prodigal Son*, in which he expressed some of the insights gained during his mental and spiritual crisis. But then friends asked him, "Why keep your anguish hidden from the many people who have been nurtured by your writing? Wouldn't it be of consolation for many to know about the fierce inner battle that lies underneath so many of your spiritual insights?" For the countless men and women who have to live through the pain of broken relationships, or who suffer from the loss of a loved one, this book about the inner voice of love offers new courage, new hope, even new life.

## Book Information

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## Customer Reviews

*The Inner Voice of Love: A Journey Through Anguish to Freedom* is a collection of passages from Henri Nouwen's journals, written during a period when his self-esteem evaporated, his energy to work disappeared, and God seemed entirely unreal. This is not a book to be read straight through: each short chapter takes time to digest, because, like the following passage, each of Nouwen's thoughts has the raw complexity of real honesty: Your body needs to be held and to hold, to be touched and to touch. None of these needs is to be despised, denied, or repressed. But you have to

keep searching for your body's deeper need, the need for genuine love. Every time you are able to go beyond the body's superficial desires for love, you are bringing your body home and moving toward integration and unity. --Michael Joseph Gross

Nouwen, Catholic priest and popular author (*The Wounded Healer*, 1972), hit a six-month spiritual and mental crisis at the end of 1987 during which he "wondered whether I would be able to hold on to my life. Everything came crashing down?my self-esteem, my energy to live and work, my sense of being loved, my hope for healing, my trust in God... everything." This book is his personal journal written during his time of anguish. For years, Nouwen felt his experience was too personal to share with the world, but on advice from friends, and in the hope that these insights would help nurture others, he published his journal entries. Although there are occasional gems here, most of these meditations are rather generic. Perhaps this generic quality may make Nouwen and his work more human to a public that has come to view him as a spiritual giant. Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

The skillful articulation of the personal struggle is very helpful for revealing the darkness of the heart and giving clarity of the reality that the soul need to embrace. But for those without the knowledge of Christ and his Word, this book may appear to be just some psychological insights.

This little book is a selection of journal entries by Henri Nouwen working through deep seated issues. It touches on some of the crucial elements to a walk with Jesus as Lord, Friend, and King. It really informs the progression that begins with "Return of the Prodigal Son" and culminates in "The Life of the Beloved".

This book, written by Nouwen, is a series of 'imperatives' which he wrote during a very difficult period in his life. It is a kind of spiritual diary and he never intended publishing it, but did so having being encouraged by his friends. Each input can be read and reflected on in isolation and it is recommended that only one be taken at a time.I found the inputs very rewarding and of benefit to anyone during a period of isolation or pain in life. However it is also of value at any time and one can dip into the articles at any period of one's life.I generally read one article before bedtime and found it relaxing and helpful.

I don't know how he did it, but Nouwen managed to make his journals something that helped me get

through one of the hardest times of my life. He put into words so much of what I was feeling but also helped define the path I wanted to take. He always brought things back to Christ, but be warned that the language he uses can be somewhat confusing. He often says things such as "the God inside of you" that sound very New Age, so just rest assured that he's devoutly Orthodox and is just writing using different terms than you might be used to.

One of the best books on coping with grief or loss that I've come across. It's now the book I purchase for dear friends going through break-ups, divorces, loss, depression as it seems to have something to offer anyone going through a dark period of loss. An honest, powerful read.

As a psychotherapist I would say this small text is a great support for those suffering from developmental issues of loss, or abandonment. Nouwen speaks from a suffering heart, his authenticity in handling this subject matter is a blessing.

This journal was Nouwen's effort when he suffered from severe depression later in his life. A relationship and its trouble prompted this depression. This came late in Nouwen's life while he was at L'Arche in Toronto. The book has short reflections on various things that Nouwen contemplated. They are poignant and helpful. I've read this book at least three times. I recommend it.

I love Henri Nouwen's work, wherever I find it. There is much that is very practical and down-to-earth in this. I would definitely recommend it for all levels. One thing that surprised me--I was not aware until this time of his work among developmentally challenged adults, and it is truly heart-warming.

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