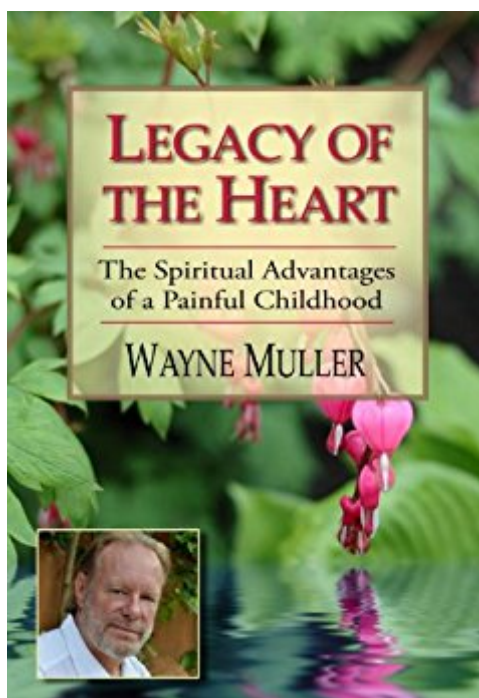


The book was found

Legacy Of The Heart: The Spiritual Advantages Of A Painful Childhood



Synopsis

“A brilliant, warm, inspiring book,” writes Henry Nouwen. LEGACY OF THE HEART is a gentle, regenerative approach to discovering the spiritual strength that is hidden in the scars of childhood. A graduate of Harvard Divinity School, therapist and minister Wayne Muller brings together the teachings of many different spiritual and religious traditions to create a program of healing that will appeal to readers of THE ROAD LESS TRAVELED and HOMECOMING. As Ram Dass writes, “Wayne Muller guides us in a process whereby, through gaining spiritual perspective, we transmute our psychological sufferings into grace.”

Book Information

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Customer Reviews

This is one I'll be reading again and again. There are layers of depth in this book that will come out differently with each reading, for me. I would recommend this for anyone who grew up with dysfunction in their home. It offers practical help as well as avenues toward understanding the process of coming to terms with what happened, and where to go from this point forward. Many thanks to the author for a brilliantly written, empathetic work that will be valuable to many.

This is a very powerful book !!!!! I am a counselor and I recommend this book to A LOT OF MY PATIENTS!!CAUTION though... not a good idea to read if you are not ready to face the mirror.... It will help open your eyes to a lot of things you may have not known, or paid attention to before. Keep an open mind when reading this book, and journal your journey through this book.

I enjoyed this book a lot. It helped me to view my childhood differently. It helped me to move past my perceived hurts and look forward instead of wasting time looking backwards for solutions to problems that no longer exist. Very thoughtfully written. I would recommend it to anyone that has a desire to understand themselves and their experiences on a deeper level.

If you have someone in your life that is emotionally difficult this book may help you understand where they're coming from. If you had difficulties yourself in your childhood this could be a lifesaver. The best thing about the book is that it focuses on the strength you gained from adversity. For instance if you lived with someone mercurial you became adept at gauging someone's emotional state. Now that can be seen as an advantage.

This was a wonderful book for me. It was a gentle way to approach events in my childhood and gave me great insight into how those events had impacted me. I was grateful for the suggestions as to how to approach those old wounds and found the results to be helpful and lasting. I highly recommend this book if you feel events from your childhood are continuing to impact your present and would like to move forward in a healthy and life enhancing way.

Legacy from the Heart, is a very complete explanation of suffering from childhood mistreatment. It defines being abused physically and emotionally from both my father and stepmother. As a victim of both emotional and physical childhood abuse, I feel this book makes the therapist's work I am meeting with more meaningful and understandable. I strongly recommend this book to readers.

Like this author real well!

I had to read this for a graduate class. I read it in two days. It was very inspiring and I have re-read it as a reminder of how I want to treat others and want to be treated.

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