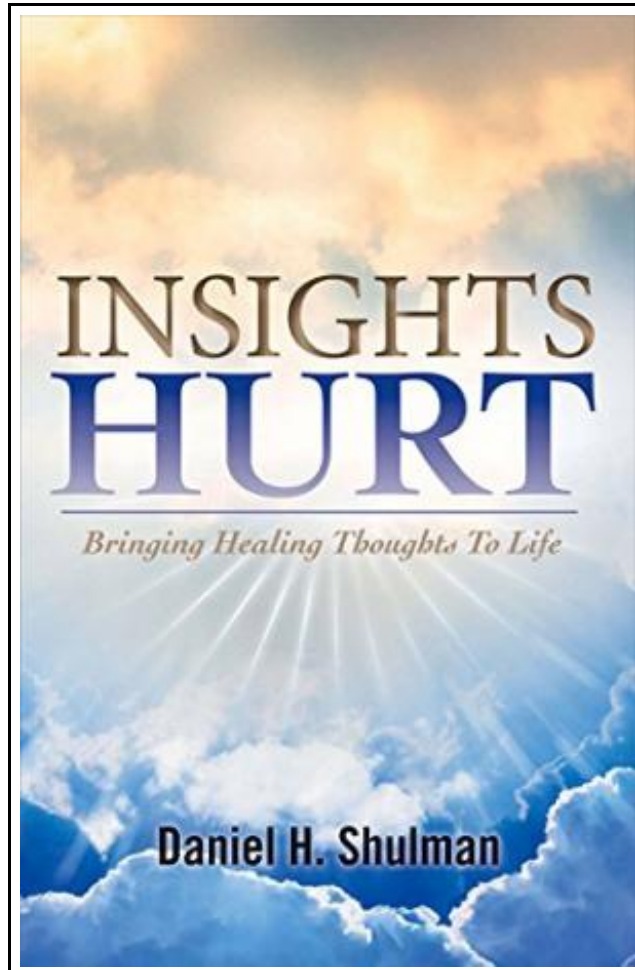


Insights Hurt: Bringing Healing Thoughts to Life



Filesize: 2.07 MB

Reviews

It is an awesome book that we have possibly go through. It is actually written in straightforward words and phrases and not confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Tierra Kunde)

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BookBaby, United States, 2015. Paperback. Book Condition: New. 218 x 142 mm. Language: English . Brand New Book. Loss, love, crises of faith and anguish are a part of being human. If lucky, pain brings insight that enables healing. Over the course of several years, I experienced all of the highs and lows of relationships (each more than once). To cope, I wrote. I wrote to myself. I wrote to those I loved. I wrote to those I lost. I wrote to those who I just wanted to see that I was coping. And I wrote to nobody in particular. Through it all, my words brought me comfort. But something surprising happened. I learned that my words brought comfort to others. My struggle was their struggle. I articulated what they were feeling, but could not say. As I counseled myself, I was also counseling them. This book shares those insights. The insights hurt - at least they did at the time. But they also brought healing and a life now filled with happiness.



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