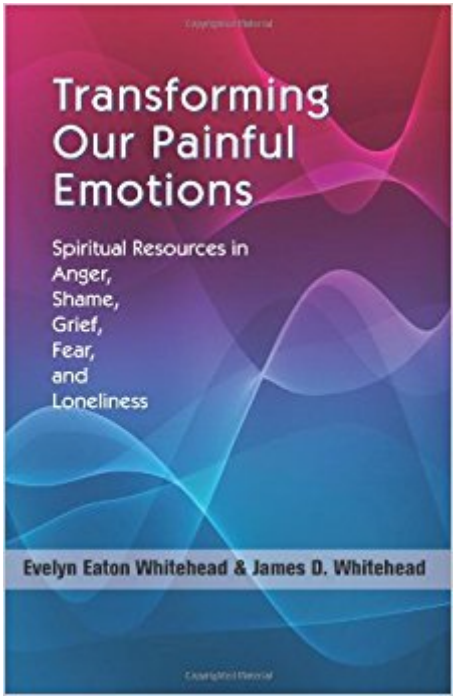
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Transforming Our Painful Emotions: Spiritual Resources In Anger, Shame, Grief, Fear And Loneliness



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Synopsis

This psychological and spiritual exploration of the positive potential hidden in our painful emotions show us how so-called bad feelings can be good news!

Book Information

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Customer Reviews

Another exceptionally lucid and practical resource from this skilled team of psychologist and pastoral theologian. They exhort readers to live life wide awake, and help them do just that. --Kathleen Dolphin, Ph.D., Director, Center for Spirituality, Saint Mary's CollegeThe Whiteheads guide us through dark territory like skilled navigators, steering us to the depths where hidden treasure lies. An invaluable resource! --Clare Ronzani, Ph.D., Director of Spiritual Formation, Franciscan School of TheologyInsightful, comprehensive, and positive a must read! --Kevin P. McClone, M.Div. Psy.D., Director Institute of Sexuality Studies and adjunct faculty Catholic Theological Union, Chicago, Illinois

James and Evelyn Whitehead, long associated with the Institute of Pastoral Studies at Loyola University in Chicago, have coauthored a dozen books that are still in print and have been translated into several languages. Their two best selling books are Christian Life Patterns (100,000 copies sold) and Method in Ministry (30,000 copies sold). They live in South Bend, Indiana

a great aid to healing with OUR LORDS HELP.

Very helpful. Had borrowed a copy from my counselor and decided to buy a copy for myself. Written by Christian therapists, but can be applied to anyone who is working with difficult emotions.

Allowed me to see flaws I possess as well as the flaws others possess. It helped me meditate and gave me clarity.

I would recommend this reading to anyone and especially to spiritual directors who are journeying with others in difficult times of life.

Excellent, thought provoking.

Great doing business! Fast shipping and item was just what I was looking for, I will order again from you

Great book

I needed this for college so it was great for my class, but I don't know how one might like it reading for fun or psychological advancement or some other reason.

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