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Miriam Greenspan takes us gently and authentically through grief and other dark emotions. She acknowledges the mind, body and spirit and I now see these as each individual's Holy Trinity, but not in a religious or new agey sense - but real and meaningful.

Healing Through The Dark Emotions: The Wisdom of Grief ...

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Nautilus Book Award Winner - Gold We are all touched at some point by the dark emotions of grief, fear, or despair. In an age of global threat, these emotions have become widespread and overwhelming. While conventional wisdom warns us of the harmful effects of "negative" emotions, this revolutionary book offers a more hopeful view: there is a redemptive power in our worst f

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Her best-selling book, *Healing Through the Dark Emotions: the Wisdom of Grief, Fear, and Despair* won the 2004 Nautilus Award in psychology for "books that make a contribution to conscious living and positive social change"

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and has been translated into French, Mandarin Chinese, Dutch, and Korean.

Healing Through the Dark Emotions - Author and Books

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In Healing Through The Dark Emotions, Miriam Greenspan shows us that there's something good in so-called 'bad' feelings, if we would only stop and listen to them. She explains why learning to attend, befriend, and surrender to emotional pain actually leads to lasting relief, greater wisdom, and a deep sense of fulfillment.

Healing through the Dark Emotions: The Wisdom of Grief

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Miriam Greenspan takes us gently and authentically through grief and other dark emotions. She acknowledges the mind, body and spirit and I now see these as each individual's Holy Trinity, but not in a religious or new agey sense - but real and meaningful. 4 people found this helpful

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Healing through the Dark Emotions - Shambhala

Healing through the dark emotions is the opposite of arming ourselves against a sea of troubles. It is a shamanic journey to the dark emotional underworld where the only way to master dark emotional energy is to experience it fully.

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“Healing Through the Dark Emotions“ should be a must-read on everyone’s list. Read more. 7 people found this helpful. Helpful. Comment Report abuse. Mark Edward Ewens. 5.0 out of 5 stars An unorthodox solution for an impossible task. Reviewed in the United States on October 18, 2015. Verified Purchase . As a father dealing with child loss and trying to reconcile faith with reality, this ...

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often talk about the numerous tools for achieving emotional wellbeing and personal development; however, sometimes it's good to talk a little about those less positive parts that can hinder our own personal growth. Today we are ...

The Five Dark Emotions - Exploring your mind

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Healing through the Dark Emotions: The Wisdom of Grief

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Continuing from my not-exactly-last blog about Healing Through the Dark Emotions, today I thought I would talk

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Despair. What are you afraid of? Don't say of fear itself. It's a cop out. The fact is, everyone is afraid of something. We should be. There are a lot of things in this world that are a threat. Fearing something threatening is not only natural, it's the healthy response. Fear ...

Healing Through the Dark Emotions | Mental Minutes

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