

<<Parables for Persona>>

图书基本信息

书名：<<Parables for Personal Growth: Tales for Your Healing Journey (平装)>>

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内容概要

-----Self-help Recovery

Meet the Great King, the Higher Power. Witness the Prince riding the Dragon of Addiction - so real you'll feel you're riding with him. Meet the Princess who thinks she can set the Prince free (codependence). Cry with the Princess whose wedding gown has been soiled (childhood abuse). Journey with the Smithy's sons (dysfunctional families) to find their true destiny.

Visit with fairies, trolls, merpeople, and humans as they reveal, through fantasy and imagination, a path from denial to consciousness, from hurting to healing.

"These parables not only help us see our wounds, but they also show us how to mend that brokenness. Something about a parable whispers to our hearts and helps us embrace truth into our lives. We feel the emotions of the story, we grasp the difficulty of the road ahead, and we carry with us with the pictures of the parable to help us in the choices we face."

-----from the Introduction

The nineteen original parables in this book engage our heads and our hearts. Combined with writing, drawing, imagination, and other exercises, they give us an inventive tool for opening and understanding our closed-off feelings and using our insights for personal growth.

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