

[PDF] Why People Don't Heal And How They Can

Caroline Myss - pdf download free book

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Author: Caroline Myss

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Description:

A woman tells you, within minutes of meeting her, that she's in a support group for incest victims. In theory, this woman is trying to recover from her childhood trauma, but in reality, Caroline Myss writes, she's one of a growing army of people who practice "woundology," the use of their pain and suffering to manipulate those around them. Myss first noticed this phenomenon in the late 1980s, and began to analyze why so many people seemed to choose to carry such painful problems so proudly through life, to define themselves by the awful things that had happened to them. She offers a program to use "symbolic power"--a deep, spiritual insight that surpasses any conjured by the conscious mind--to craft a genuine conclusion to the illness or injury. --This text refers to the edition.

From Library Journal Myss is a medical intuitive, a person who "sees" illnesses in the body by

intuitive means. Here she writes about healing, the various attempts people make to do it, and why they get "stuck." A global thinker, Myss looks at the entire civilization and at "astrological ages" when discussing healing. She also explains the influence of chakras and astrological ages on healing. At the heart of the book is Myss's challenge to five myths that stand in the way of healing: My life is defined by my wound (perhaps the most original concept here); being healthy means being alone; feeling pain means being destroyed; all illness is the result of negativity; and true change is impossible. Myss believes that giving up these myths leads one closer to healing. Many will think her concepts too far out to be of use; others will see her as visionary. The latter will be looking for this book wherever New Age titles circulate well. Barbara O'Hara, Free Lib. of Philadelphia
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