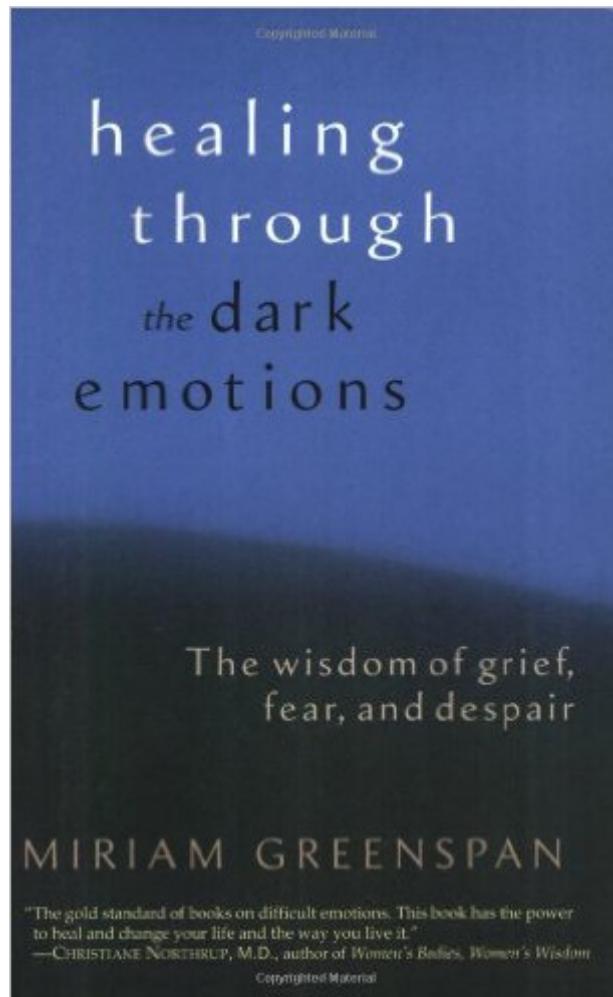


The book was found

Healing Through The Dark Emotions: The Wisdom Of Grief, Fear, And Despair



Synopsis

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 feelings. Seasoned psychotherapist Miriam Greenspan argues that it's the avoidance and denial of the dark emotions that results in the escalating psychological disorders of our time: depression, anxiety, addiction, psychic numbing, and irrational violence. And she shows us how to trust the wisdom of the dark emotions to guide, heal, and transform our lives and our world. Drawing on inspiring stories from her psychotherapy practice and personal life, and including a complete set of emotional exercises, Greenspan teaches the art of emotional alchemy by which grief turns to gratitude, fear opens the door to joy, and despair becomes the ground of a more resilient faith in life.

Book Information

Paperback: 336 pages

Publisher: Shambhala; Reprint edition (May 11, 2004)

Language: English

ISBN-10: 1590301013

ISBN-13: 978-1590301012

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (52 customer reviews)

Best Sellers Rank: #132,347 in Books (See Top 100 in Books) #187 inÂ Books > Health, Fitness & Dieting > Mental Health > Depression #424 inÂ Books > Health, Fitness & Dieting > Mental Health > Emotions #485 inÂ Books > Self-Help > Stress Management

Customer Reviews

Greenspan's book deserves wider recognition. I found it by accident online and I wish I had seen it earlier. What I liked best: Greenspan writes from her own experience as therapist and bereaved mother, a woman who came to the US as a young child and lost her first child due to unexplained brain defects. She knows the darker emotions first-hand. Even better, Greenspan is not afraid to confront the received wisdom of the psychiatric establishment. Medication works for some depressed clients, but it is only by going into the emotion that we can transform despair into faith and fear into joy. She picks up on the values embedded in the DSM-IV diagnostic criteria:

depression is a "mood disorder," which means that only cheerful, upbeat people are "normal." I found myself making notes of key points that were unusual and insightful. In particular, her discussion of "boomerang emotions" will be especially valuable to anyone who's ever been frustrated in one area and acted out in another. It is easy to make impulsive, often dysfunctional decisions after stifling feelings for a long time. This section is one of the best in the book. On the downside, I wish Greenspan had been more rigorous. Although her views seem sensible, some research suggests disagreement. For example, one study found that people recovered from grief as well if they were medicated as if they were allowed the full experience. Other studies have demonstrated that people experience grief differently. Some may not need to go deep into the feeling. Because Greenspan works with therapy patients, she does not discuss the context of these "dark" emotions. Despair can be experienced by someone like William Styron, whom she discusses, as a person who seems on top of the world.

[Download to continue reading...](#)

Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and Despair How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, Self-Worth (Counseling Through the Bible Series) Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) Grief Counseling and Grief Therapy, Fourth Edition: A Handbook for the Mental Health Practitioner Mourning & Mitzvah 2/E: A Guided Journal for Walking the Mourner's Path Through Grief to Healing Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Emotions: Freedom from Anger, Jealousy and Fear EMOTIONS: Freedom from Anger, Jealousy & Fear Dark Fetishes Vol. 1 : (DARK EROTICA): Taboo Erotica (DARK EROTICA SERIES) Mysteries of the Dark Moon: The Healing Power of the Dark Goddess Rising UP!: My Recovery from Multiple Sclerosis, Disability and Despair, including Western and Chinese Medicine, Tai Chi, Qigong, diet, neurological exercise, meditation--and much more! Encouragement in the Wilderness: A Daily Devotional for Days of

Discouragement, Depression, and Despair Inconceivable: A Woman's Triumph over Despair and Statistics Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life Kenya: Between Hope and Despair, 1963-2011 Nobel Literature Laureate Works ---Twenty Love Poems and the Song of Despair: Love is so short, forgetting is so long

[Dmca](#)