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1968, Duality to Unity: A Physician s Emotional Journey (Paperback)

By John E Monaco

Black Rose Writing, 2017. Paperback. Condition: New. First Printing ed.. Language: English . Brand New Book ***** Print on Demand *****.Dr. John E. Monaco was 13 years old in 1968, when this country and his family faced identity crises. Torn between the anti-war, civil rights movement to which he responded fundamentally, and his family s conservative political views, he chose to survive by hiding his true feelings, denying and burying his emotions. Later in his practice of pediatric critical care and his failing marriage, his ability to hide his true emotions was at first helpful, but the intrinsic dishonesty of this practice began slowly but steadily to eat away at his soul. At his moment of existential crisis, as a result of his own study, therapy, and writing, he realized the it is not a requirement of successful life to choose only one element of the apparent duality of emotions, but rather to accept the cornucopia of emotions we all experience and to accept them as UNITY, accept them all and deny none. In order to choose which emotions serve us best, one must have a solid sense of self. Dr. Monaco offers the reader tools with which one can...

Reviews

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