



## Spirituality for Brokenness: Discovering Your Deepest Self in Difficult Times (Paperback)

By Terry Taylor

Jewish Lights Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book. A gentle, clear guide to finding hope and help in troubled days. When you begin to understand what brokenness means, you will be armed with information that empowers you to take the steps that can turn your leaden feelings into opportunities for health and happiness. When you can accept (and perhaps even celebrate) your brokenness, you can cease your endless search for healing and get on with your life, scars and all. --from Chapter 1 We each have broken areas of our lives. Whether from things that happen to us or as consequences of our own choices, there are times and situations where our very souls feel fractured. With wisdom and profound personal experience, Terry Taylor guides you through a compassionate yet highly practical process of facing, accepting, and finally integrating your brokenness into your life--a process that can ultimately bring mending. He offers a clear-eyed, kindhearted method based on teachings and practices from many religious traditions, including: Ancient Christian practice of Lectio Divina to face our brokenness Tibetan practice of tonglen to generate compassion for ourselves Jewish tradition of Sabbath-keeping to give us the space we...

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