

Download Healing Through The Dark Emotions The Wisdom Of Grief Fear And Despair

Emotions, too, are relational. As children, we learn about sorrow, fear, and other emotions only when they are recognised, named, and responded to empathically. I was brought to the practice of mindfulness more than two decades ago by the death of my first child. Aaron died two months after he was born, never having left the hospital. I have written often of the value and importance of grief. In the context of this section on resistance, I would like to amplify the essential importance of this often-neglected emotion and situate it squarely in the heart of our capabilities to respond to the challenges of our times. Shop new, used, rare, and out-of-print books. Powell's is an independent bookstore based in Portland, Oregon. Browse staff picks, author features, and more., Healing Through The Dark Emotions The Wisdom Of Grief Fear And Despair.

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