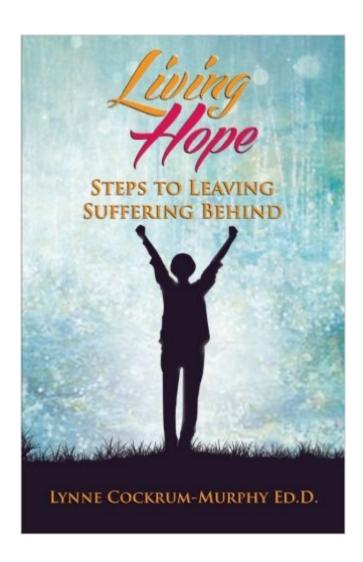
The book was found

Living Hope: Steps To Leaving Suffering Behind





Synopsis

A short but powerful true story of loss, starting with a house fire that killed Lynne Cockrum-Murphy's sisters and father and left her badly burned when she was just 30 months old, and follows the life that grew out of that tragedy. Instead of giving in to a family history of dysfunction she writes about dealing with loss, family alcoholism and chaos, an eating disorder and shows that there is a way to move beyond the events of the past. Interwoven in the story are actions, steps, tools and even a reading and movie list to help you move forward into a life filled with spirituality, meaning and purpose. The story is a model of hope, action and success.

Book Information

Paperback: 128 pages

Publisher: Sojourn Publishing (September 12, 2015)

Language: English

ISBN-10: 1627471472

ISBN-13: 978-1627471473

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 8.3 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â See all reviews (9 customer reviews)

Best Sellers Rank: #1,879,198 in Books (See Top 100 in Books) #66 in Books > Health, Fitness

& Dieting > Psychology & Counseling > Medicine & Psychology #266 in Books > Health, Fitness

& Dieting > Addiction & Recovery > Adult Children of Alcoholics #124965 in Books > Self-Help

Customer Reviews

I have the privilege of knowing Lynne. She is warm, kind, empathetic, and wholehearted. Reading her book and learning her life story, I was moved that someone who is so authentic and whole could face so much tragedy, and endure. I cannot begin to describe what she endured without feeling a surge of sympathy and frustration -- and awe. Certainly, Living Hope lives up to its title. That said, I expected a self-help book. If you are looking for something with detailed action steps about how to â œcureâ • or â œfixâ • your own emotional or spiritual challenges, this is not that. The book is not a how-to guide. It is, however, a guiding light. If you seek proof that suffering can be endured, and that there is a path out of pain (though it may be long and arduous), then this book will offer you something. She mentions where to look for guidance in books, films, and online, but ultimately shows that the greatest guide for your own healing is yourself. She used her own life experiences -- especially those that harmed her -- to become an example to others. Pain taught her empathy,

violence taught her forgiveness, and generosity taught her the power of karma. I certainly wish that for all of us. Living Hope, moreover, offers a vision of what a healed life can look like. It is not some impossible spiritual ideal, requiring you to go off to some temple or radically change your life. Lynne shows, through the grace of her writing and the warmth of her presence, that healing is a long, baby-step process that can be done right now. She is further along that path than I am, so for this reader, she is an example of what life could be, whole, down the line. Iâ TMII also add my note that I did not read this book through the eyes of a teacher or a storyteller.

Download to continue reading...

Living Hope: Steps to Leaving Suffering Behind Psychiatric-Mental Health Nursing: From Suffering to Hope Is It My Fault?: Hope and Healing for Those Suffering Domestic Violence. Surviving the Narcissist: 30 Days of Recovery: Whether You're Loving, Leaving, or Living With One Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) Behind the Secrets (Behind the Lives Book 4) Hope Against Hope: A Memoir Christmas in Good Hope (A Good Hope Novel Book 1) Summer in Good Hope (A Good Hope Novel Book 2) Hope and the Billionaire's Triplets (Faith, Love, Hope and Destiny) Searching for Sunday: Loving, Leaving, and Finding the Church Dear John, I Love Jane: Women Write About Leaving Men for Women The Joy of Leaving Your Sh*t All Over the Place: The Art of Being Messy Leaving Tulsa (Sun Tracks) The Leaving of Things The Power of a Godly Grandparent: Leaving a Spiritual Legacy Talking About Leaving: Why Undergraduates Leave The Sciences Goodbye to All That: Writers on Loving and Leaving New York Leaving My Father's House: A Journey to Conscious Femininity From Mecca to Calvary: Leaving Islam to Become a Christian

<u>Dmca</u>