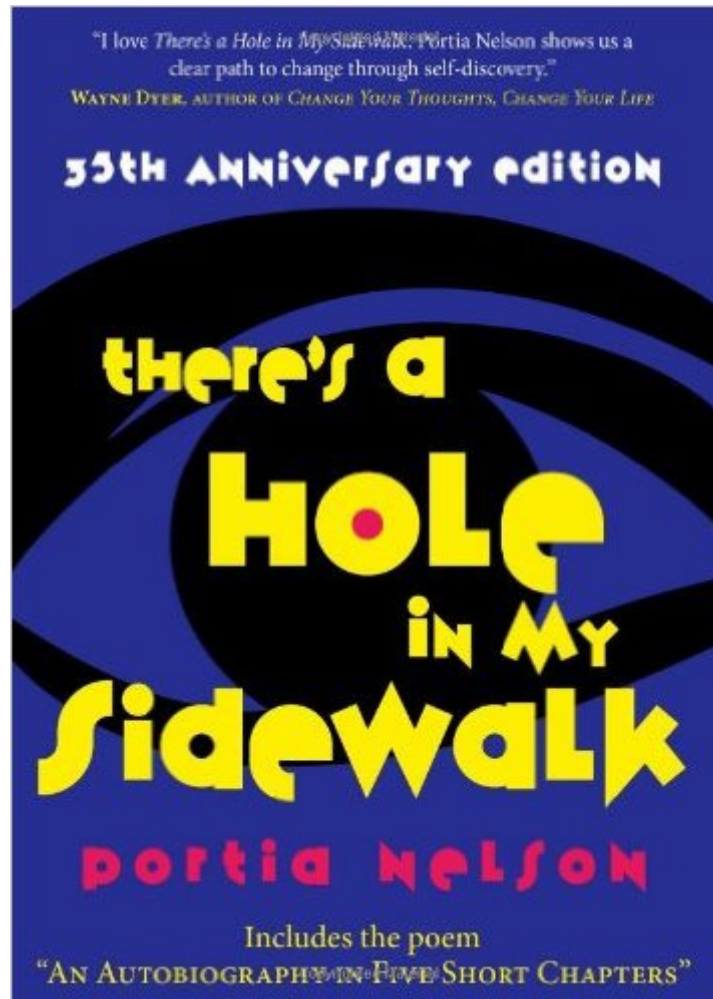


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There's A Hole In My Sidewalk: The Romance Of Self-Discovery



Synopsis

Insightful, humorous, touching, and inspiring are just a few words used to describe this well-loved collection of poems and truisms by the late Portia Nelson. Designed to inspire self discovery, *There's a Hole in My Sidewalk* includes stirring poems that gently lead readers to embrace a more authentic self. Individuals, therapy groups, the self-help community, and twelve-step programs around the world have embraced this classic book. *There's a Hole My Sidewalk* is the perfect motivational gift for yourself, your friends, or your family.

Book Information

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Customer Reviews

As someone else said, this is a VERY simple book, but that is good. It's not a book in the sense that it's filled with a bunch of words, sentences, chapters, etc. No, it is a series of different poems that relate to each of the 5 main chapters of what they book is about...which is confidence/self-esteem. I read most of the poems as they applied to me, I could relate to almost all of them. When you read them, you think, that's pretty lame, that's so silly, then...you're like...man....that's ME!! I do that!!! It's not a book or poems that's going to fix you, or tell you what to do to fix yourself, but for me, it was an eye opener on what I am doing, and what i need to stop doing, stop worrying about. Anyway, I got a lot from it, I hope you do too.

I have loved Portia Nelson's poem, "Autobiography in Five Acts" since I first read it in college. This book expands on that theory and provides additional insights for self-discovery. I highly recommend it for anyone wishing to change their thoughts and ultimately change their life.

Being creatures of habit, human beings often have downfalls and pieces of themselves that inhibit them that they would like to change. This short book really helps with a wonderful analogy to show in plain terms what it is we do when we are forced into a habit. This has helped a few people I know, and it has helped me tremendously to help me turn around and practice my Christian faith, not just preach it. Whatever piece of you it is that you want to get rid of or change, reading this will definitely be helpful.

There is a hole in my sidewalk is a mix of diary, "poemary", aphorisms and self-deprecating jokes about relationships of different sorts, with another person, your self, or an object. The book is perfect when you are going through a break-up, divorce or just having problems with your partner. I see it more about human relationships, but the book can be used for relationships with your addiction of choice. The book is full of wisdom but very witty, VERY!, and you will find yourself laughing out loud at most sentences in it! You'll want to re-read it for sake of the wisdom, for the sake of the humour, for the sake of feeling yourself understood and less weird when your life is full of confusion. As a female, I think the book captures what the female psyche perfectly. However, a male will probably think the same! That is so, because the book departs from universal human experiences and ways of relating that go way beyond gender and nationality. The book is extremely short, and it will last you about two coffees. Less if you are a fast reader. Being so, the book is perfect to re/read on the bus, on the toilet, on a trip, on a coffee break, lunch break. Anytime you do, it will be wonderful. I think that this being a classic old book, and a very short book indeed, the price should be more reasonable. Say about 3 bucks.

There's a Hole in My Sidewalk: The Romance of Self-Discovery By Portia Nelson Portia Nelson's book, There's a Hole in My Sidewalk is not only a self-discovery read for this reader but has wisdom and humor. I purchased this novel after hearing the poem at the end of this post read at a meditation sangha. The book is a short and quick read but I feel that it is best to read in short segments in order to allow time to reflect on each piece. Portia Nelson touches on many themes but is heavy on relationships. This allows the reader to examine the connections and explore the vivid insight. Furthermore, the author uses herself as the example. There's a Hole in My Sidewalk has a good amount of thoughtful prose that is not overdone. I was happy with how each word was articulately placed and is balanced with the personal awareness provided by the author. My favorite chapter was five, "Alive and Aware" • Embracing that alone is not gloom and the metaphor that

a soul is a room with a wedding inside was beautiful. How often do we not think of ourselves as a bride when relating to ourselves? This book would make an excellent gift for a friend. The cost of the book listed on is fair but I found the book cover a bit boring. Moreover, I feel that this book will resonate with woman between the ages of 30 to 99 a bit more. I recommend There's a Hole in My Sidewalk which includes more than 100 touching poems that gently guide readers to a more authentic and enjoyable life.

My father knew this woman as a young adult, so I purchased the book. I had heard "There's a Hole in My Sidewalk" a number of seminars over the year and presenters never give Ms. Nelson as the author. I enjoyed the poetry and the perspective.

This book should be a classic. The author has a rare talent to express self awareness in delicate but direct terms. Simple to read, can be taken in short segments. This book doesn't tell you what to do, but rather make you think about who you are.

Recommend it for those in therapy as a way to track your progress and understanding. If you "get" these poems, you are surely growing.

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