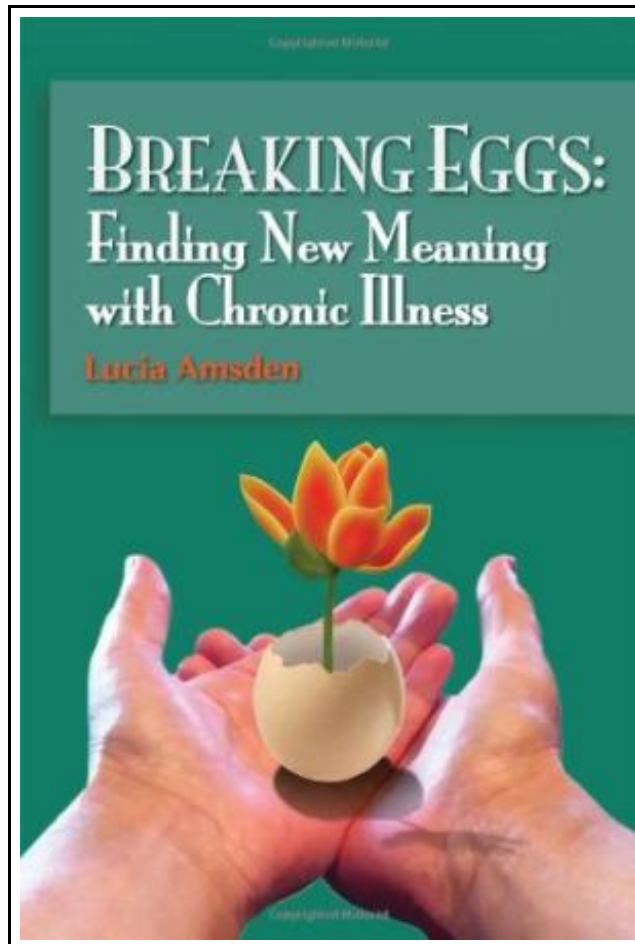


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BREAKING EGGS: FINDING NEW MEANING WITH CHRONIC ILLNESS

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Outskirts Press, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Lucia Amsden has lived with arthritis for 30 years, and *Breaking Eggs: Finding New Meaning with Chronic Illness* is a distillation of the struggles and treasures of that time. The book chronicles her personal journey toward spiritual and emotional unity and the lessons she learned along the way, as clarified by her experiences as a therapist focusing on clients with chronic illness. It also serves as a helpful guide for others facing similar challenges. *Breaking Eggs* addresses the psychological, mental, spiritual, and physical issues that come from chronic illness, and includes occasional small exercises to bring the lessons home. As readers retrain their minds to meet challenges with resiliency and hope, their lives become more graced with gratitude. They learn how to develop relationships with their bodies that are based on appreciation more than fear. Most fundamentally, they move toward lives filled with energy and meaning. Stories of her own experiences and the struggles of others form the scaffolding for helpful principles, tools, and guidance. This is why her teachings come so gently, through the heart more than the head. Here you will encounter a man paralyzed by polio who passionately works to preserve a piece of prairie and a woman with liver disease who finds joy singing the blues. The power of a basket of healing stones, a medicine man healing ceremony, and a beloved dog demonstrate ways to improve and heal our lives. A man is motivated by his age and illness to alter his life in ways that nurture his spirit, and the parents of a young man killed in a traffic accident teach friends about forgiveness. There is an artist with MS who...

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