



## Insights Hurt: Bringing Healing Thoughts to Life (Paperback)

By Daniel Shulman

BookBaby, United States, 2015. Paperback. Book Condition: New. 218 x 142 mm. Language: English . Brand New Book. Loss, love, crises of faith and anguish are a part of being human. If lucky, pain brings insight that enables healing. Over the course of several years, I experienced all of the highs and lows of relationships (each more than once). To cope, I wrote. I wrote to myself. I wrote to those I loved. I wrote to those I lost. I wrote to those who I just wanted to see that I was coping. And I wrote to nobody in particular. Through it all, my words brought me comfort. But something surprising happened. I learned that my words brought comfort to others. My struggle was their struggle. I articulated what they were feeling, but could not say. As I counseled myself, I was also counseling them. This book shares those insights. The insights hurt - at least they did at the time. But they also brought healing and a life now filled with happiness.



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