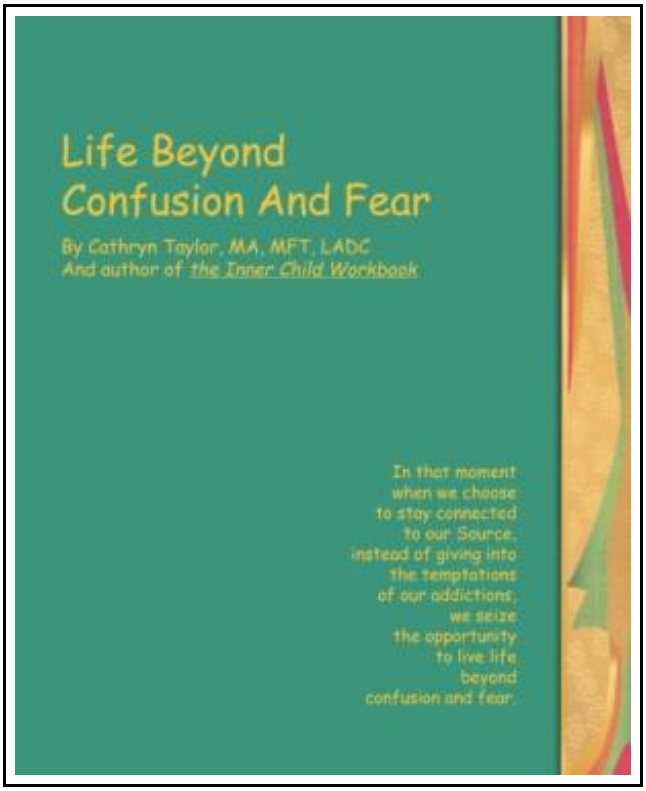
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iUniverse, United States, 2005. Paperback. Book Condition: New. 226 x 183 mm. Language: English . Brand New Book ***** Print on Demand *****.WANT TO LIVE LIFE BEYOND YOUR CONFUSION AND FEAR? Taylor suggests we are a society in mourning with few adult tools to grieve. The continual threat of terrorism and war coupled with current stresses of daily life leave us afraid and confused-triggering childhood wounds and adult doubts about our ability to cope. Many of us express this unresolved confusion, fear, grief and tension through compulsive and addictive behaviors. We may eat too much, drink, drug or smoke too much, love, shop, work, gamble or worry too much. But we begin to live out of fear rather than faith-compulsion rather than choice-isolation rather than unity as we long to anchor our safety into something predictable and secure Our stress, Taylor states, if not resolved, gets expressed through mal-adaptive methods of coping which ultimately reveal themselves in physical ailments or injuries, psychological unrest, spiritual isolation or addictive and compulsive behaviors. Taylor s Six-Cycle Model offers a viable and creative way out. She takes addiction beyond the ordinary realm of twelve step meetings and abstinence-suggesting our addictive behaviors are actually gifts from our Soul. She invites readers to embrace what lies underneath their confusion and their fear as she guides them through a process which transforms abandonment to union; anger to empowerment; shame to compassion; loneliness to sacred solitude; betrayal to gratitude and fear to faith.

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