



## Breaking Eggs: Finding New Meaning with Chronic Illness

By Lucia Amsden

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...



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