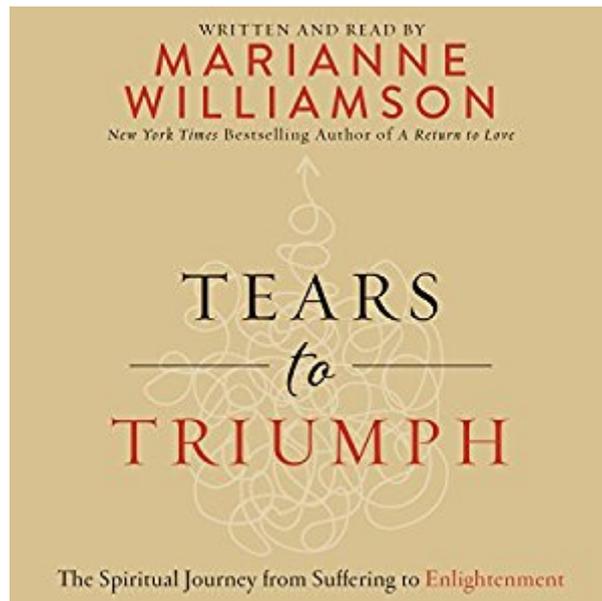


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# Tears To Triumph: The Spiritual Journey From Suffering To Enlightenment



## Synopsis

The internationally recognized teacher, speaker, and New York Times best-selling author of *A Return to Love* argues that our desire to avoid pain is actually detrimental to our lives, disconnecting us from our deepest emotions and preventing true healing and spiritual transcendence. Marianne Williamson is a best-selling author, a world-renowned teacher, and one of the most important spiritual voices of our time. In *Tears to Triumph*, she argues that we - as a culture and as individuals - have learned to avoid facing pain. By doing so we are neglecting the spiritual work of healing. Instead of allowing ourselves to embrace our hurt, we numb it, medicate it, dismiss it, or otherwise divert our attention so that we never have to face it. In refusing to acknowledge our suffering, we actually prolong it and deny ourselves the opportunity for profound wisdom - ultimately limiting our personal growth and opportunity for enlightenment. Frozen by denial, we are left standing in the breach. Whole industries profit from this immobility, and while they have grown rich, we have become spiritually poorer. As Marianne makes clear, true healing and transcendence can come only when we finally face our pain and wrestle with what it has to teach us. Written with warm compassion and profound wisdom, *Tears to Triumph* offers us a powerful way forward through the pain, to a deeper awareness of our feelings, our lives, and our true selves.

## Book Information

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## Customer Reviews

This book is a necessary, insightful and eloquently written piece about our society today, the epidemic of sadness that permeates our culture, and the ways in which we can overcome it. In an age when we are often told to either 'just be happy' or encouraged to pop a pill to alleviate it, Ms Williamson reminds us that 'the avoidance of sadness decreases our capacity to learn from it.'

Utilising scripture, Williamson reminds us that three of the great religious traditions have at their heart a story of suffering and its transcendence. Delving into her knowledge of A Course in Miracles and her many years of writing, speaking and teaching, Williamson helps us all - whether we are grieving the loss of a loved one, sad about the breakdown of a relationship, depressed over the state of the world - to remember that there is always light at the end of the tunnel. She only reminds us to feel the sadness, harnessing its weighty power for the attainment of happiness. But Williamson's words speak for themselves, and I would not want to rewrite them. I will only say that this book is excellently researched, and as a researcher myself, I looked into all of her positions and assertions. For example, she states that Abilify is marketed as an antidepressant, when it is an antipsychotic. All you need to do to see she is correct is go to Abilify.com (the drug's official website) which states: 'Official pharmaceutical site for this antipsychotic medication indicated for the treatment of schizophrenia.' Note that one of the drop-downs on their homepage is entitled 'Abilify for Depression'. She states that antidepressants often do more to increase suicidal tendencies in teenagers than to stop them. On FDA.

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