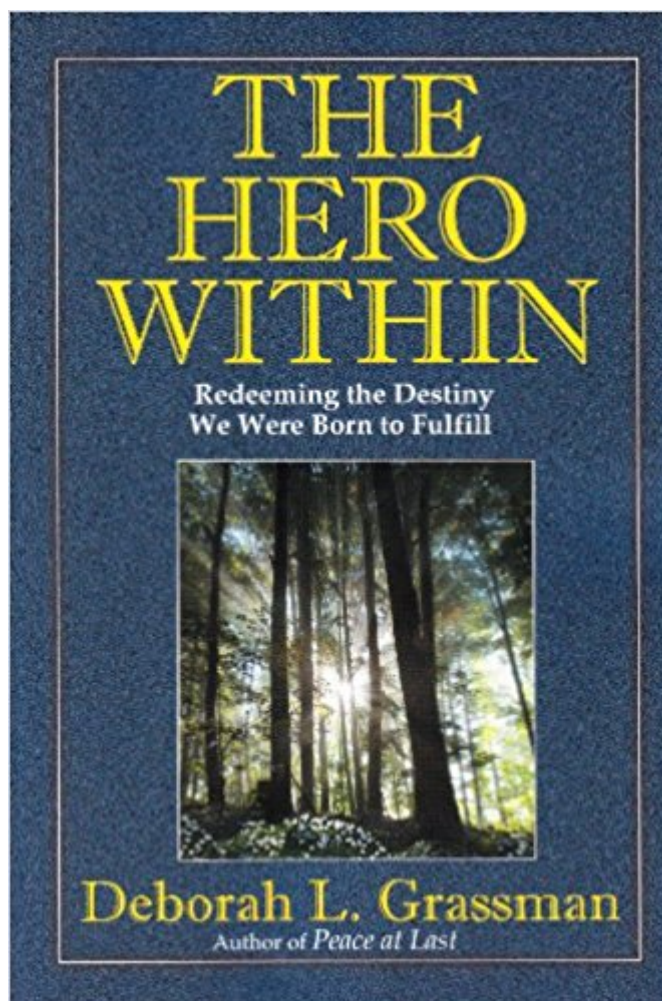




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The Hero Within



Synopsis

In *The Hero Within*, Deborah Grassman, well-known speaker and lecturer and highly-acclaimed author of *Peace at Last* explains that when we dare to deal with distress and accept the idea that we will not succeed at everything our internal heroism can help us begin to redeem our destiny. She focuses on the roles of pain and suffering as inevitable parts of our lives. She explains that rather than becoming broken down by the pain in our lives, we can learn to open ourselves to these new experiences through our internal hero. *The Hero Within* has been written to help people learn to redeem the suffering that we have all experienced by understanding a three-step process of abiding, reckoning, and beholding. It provides readers with the tools to do this, and will help them cultivate a willingness to develop the honesty, humility, and courage to make that inward journey. By completing this process, readers can grow into aspects of themselves that they were previously reluctant to inhabit. They can then use the process to heal abuse, bring peace to broken relationships, face death, and assist in many other situations. From small, every-day problems to dilemmas that are overwhelming, readers will become empowered. Unlike many self-help tactics, readers will not learn how to overcome, endure, or rise above problems. Rather, they will learn how to use that problem or limitation to cultivate qualities that will open them up to energy beyond themselves. Once readers learn how to abide and reckon with difficulties, they will succeed not in spite of their limitations; but because of them.

Book Information

Paperback: 288 pages

Publisher: Vandamere Pr; First edition (October 10, 2012)

Language: English

ISBN-10: 0918339766

ISBN-13: 978-0918339768

Product Dimensions: 0.8 x 6.5 x 9.5 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 5 customer reviews

Best Sellers Rank: #279,553 in Books (See Top 100 in Books) #23 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Hospice & Palliative Care #50 in Books > Medical Books > Medicine > Hospice Care #156 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Psychiatric

Customer Reviews

Boldly and without blinking, *The Hero Within* explores suffering and renewal. Grassman shows us that the human spirit is not defeated by suffering even in the face of death; with honesty, courage and love, it grows stronger. --Ira Byock, M.D., Palliative Care Physician, Through her unique perspectives, Deborah demonstrates how the concepts of Abiding, Reckoning, and Beholding may be used in the reader's personal and professional life to promote healing. Along this journey, we find new energy and insight on our paths to wholeness. This book just sings! --Donald Schumacher, P.s.y.D., President and CEO, National Hospice and Palliative Care Organization I have used this book with my bereaved clients who have PTSD. The response has been remarkable. The book instills hope by providing them with tools for accessing their interior hero. The book validates the courage to reckon with personal demons. One client told me, I'm just like the guy in Chapter One. Thanks to this book, my life has been saved! Many others have made similar statements. Deborah's concepts for healing offer an amazing tool for helping people see themselves more clearly so they can abide and reckon with difficult aspects of themselves. Then, they can behold a future that redeems their destiny. --Patricia McGuire, Certified Bereavement and Trauma Therapist

Deborah Grassman is a nationally recognized speaker, consultant, and author in the area of personal growth and healing. With over 25 years of experience in the healthcare field working with patients and their families facing end-of-life issues, she has learned to face tough personal issues honestly and directly. Her work in personal growth and healing has not only helped those she has directly worked with, but also those who came in contact with the hundreds of professionals she has trained. In the past three years, she has spoken at over 30 national conferences and conducted hundreds of seminars and training sessions around the country on end-of-life as well as personal growth and healing issues. She has gained national acclaim and is much sought after as a featured conference speaker for a variety of disciplines. She is a Psychiatric Advanced Nurse Practitioner, and has a B.S in Nursing and an M.S.N.(Psychology), Her first book, *Peace at Last*, dealing primarily with end of life issues for veterans, has sold over 15,000 copies.

Written as a way for staff dealing with the death of hospice patients to assist in their dying healed. It is a pathway for the caregivers to deal with their own needs for forgiveness and healing. Explains the need for all of us to live the life of being emotionally ready for each other.

Having worked with Hospice here in MT for 7 years and then seeing the slides presented as Ms. Grassman, has, really opens one's eyes and mind to other avenues of end of life issues. Especially

as it relates to Veterans. I wholly recommend both books for those that wish to open there tx. plans of attack.

An authoritative yet humble work, with excellent insights. I would highly recommend it.

Inside look at what so many vets face each waking moment

I met the author at a grief counseling symposium. The book is just as good as she was at the conference. The book arrived in excellent condition and timely fashion.

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