



Redemption Stories

By Mary Ciofalo

Zen Publications, Mumbai, 2011. Soft cover. Book Condition: New. 23 cms. 262pp. Redemption can result from reaching out when we have many good reasons not to. It can come from forgiving the unforgivable. Redemption is often the result of opening a closed heart-no matter how justified we have been in shutting it. Redemptions are the hard mental, emotional and spiritual reversals in life. The woman who was in my office when this book was conceived said about the difficulty of redemptive work: Its like making a U-turn with your face pressed up against granite. And although redemptive paths often require great exertion, the success of that effort is not always in the hands of the one making the effort. I think redemption straddles the border between the territory of the psyche-where effort and intention are useful and necessary-and the mysterious dimensions of spirituality from which grace emerges. from the Introduction to Redemption Stories: Unwasted Pain PRAISE FOR Redemption Stories: Unwasted Pain For her book, Redemption Stories: Unwasted Pain, psychotherapist Mary Ciofalo collected the narratives of people who have experienced trauma and come out the other side Despite the sadness in these pages, Ciofalos book is not depressing. In fact, the...

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