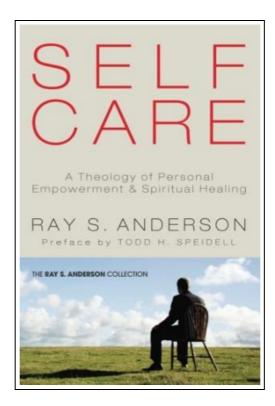
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Wipf Stock Publishers, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Life is not user-friendly, we all need some instructions along the way. But Self-Care is not just another self-help book. This is a book about the self, first of all, and then how that self, endowed by God with a divine image, can experience self-worth, emotional health, and a strong and vital faith in the face of life s inevitable and irrational pain and suffering. Self-Care goes beyond recovery from abuse and dysfunction. It is the realization of God s gift of personal empowerment and spiritual healing. The most difficult textbook is life itself, one that none of us can avoid reading and interpreting. This book will serve as a guide to interpret the text of life given to each of us and lead to more effective and creative living. Looking for passionate theology that is also well-informed by psychological realities? Read this book. Ray Anderson explores a wealth of theological resources that are of practical help to people recovering from abuse, betrayal, tragedy, or grief. This is theological reflection as if people really mattered! A thoroughly wonderful book. I recommend it highly. Dale S. Ryan, CEO Christian Recovery International Ray Anderson is known for creative theologizing, insightful theorizing, and sensitive counsel. This book is no exception. It treats us to a biblically correct and psychologically true understanding of the self that counters modern hyper individualism. This volume is clearly written with helpful summaries and case studies for analysis and reflection concluding each chapter. Self - Care should take its place in the training of both pastors and Christian counselors. I hope it will be widely used. H. Newton Malony, Professor of Psychology, Fuller Theological Seminary Ray Anderson, (1925-2009) was Senior...

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