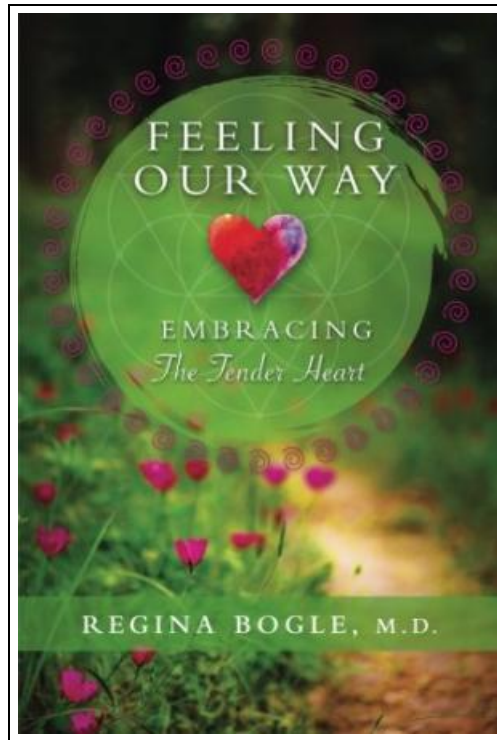


## Feeling Our Way: Embracing the Tender Heart (Paperback)



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*(Lea Legros V)*

## FEELING OUR WAY: EMBRACING THE TENDER HEART (PAPERBACK)



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Wild Ginger Press, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Our world is struggling-economically, environmentally, politically-and many of us ache and yearn for healing. Not only personally, but globally, the needs of others claim our attention, especially when we tune into our empathic sensitivities. Our feelings offer us important information, but culturally we have learned to devalue or ignore them. Paradoxically, this is the very reason why we re struggling on the small and larger scale. Tenderness, a gentle, loving quality of the heart, ideally greets us at the moment of birth and guides our walk through life. Unfortunately, many of us learn to give up any hope for tenderness as we grow, except perhaps in our most intimate moments. Worse, we cast aside all thought of extending this gift to ourselves. Yet our feelings, physical and emotional, need the care of a tender heart if we are to thrive in our challenging, insensitive world. We know that our beautiful, tender heart can be hurt, but it can also heal us. Sadly, when we avoid our painful feelings and separate the hurting from the healing, we feel our heart broken in two. Often we interpret our feelings through the judgments of an inner critic who berates not only our feeling and behavioral responses to life and relationships, but also those feelings derived from empathy-the ability to sense the inner, unspoken, physical and emotional states of others. Most of us do not consciously recognize the effects of empathy upon our own inner state. Yet, if fury or grief lies hidden beneath the smile plastered on someone s face, we feel it, some of us more so than others. When we cannot identify the source of our inner distress, considerable confusion, self-criticism, anxiety,...



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