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"...the Whiteheads bring clarity and insight to an area of crucial importance for a healthy spiritual life."

—*Spiritual Book News*

SHADOWS OF THE HEART

A SPIRITUALITY OF THE PAINFUL EMOTIONS



EVELYN EATON WHITEHEAD
& JAMES D. WHITEHEAD

Shadows of the Heart: A Spirituality of the Painful Emotions

Evelyn Eaton Whitehead

Drawing from a wealth of mental and non secular sources, the authors aid us achieve a brand new point of view on how we deal with the painful feelings of anger, shame, guilt, and melancholy

needed to reread this for a category and write a paper. It gave me an entire new perspective. I loved it higher at the moment read. "A diverse religious culture sees the destructive feelings as ambiguous instead of destructive. Anger and worry and guilt are invaluable disturbances, a Shadows of the Heart: A Spirituality of the Painful Emotions part of commitment's cost. those feelings usually are not irrational impulses, yet arousals and alarms that hold clues to our greatest aspirations. Admittedly unstable and dangerous, our feelings stay capability companions in our look for holiness and health." (p 14)

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