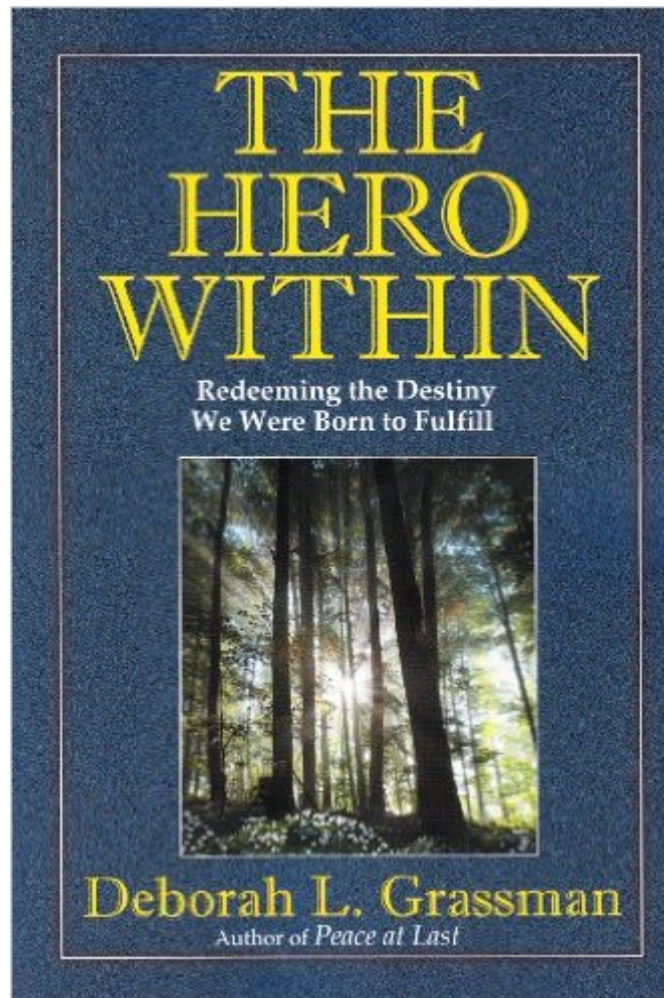


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# The Hero Within



## 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: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #488,756 in Books (See Top 100 in Books) #49 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Hospice & Palliative Care](#) #102 in [Books > Medical Books > Medicine > Hospice Care](#) #219 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Psychiatric](#)

## Customer Reviews

Having worked with Hospice here in MT for 7 years and then seeing the sides presented as Ms. Grassman, has , really opens ones 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.

Inside look at what so many vets face each waking moment

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

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.

Written as a way for staff dealing with the death of hospice patients to assist in there 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.

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