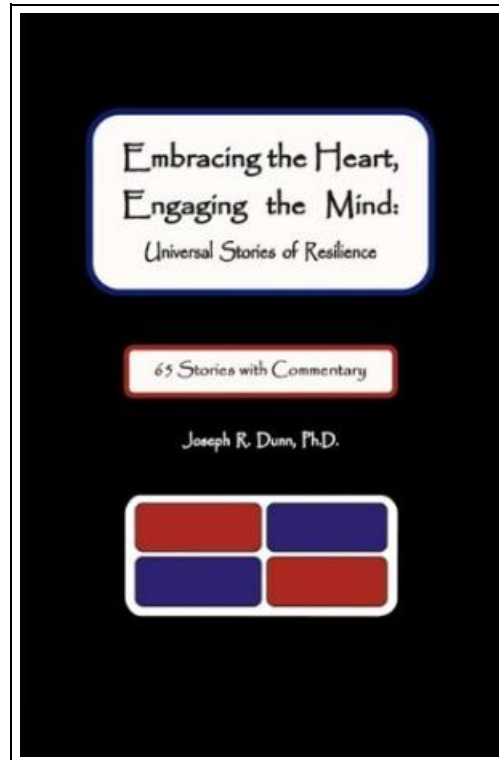# Embracing the Heart, Engaging the Mind: Universal Stories of Resilience



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## Reviews

*A superior quality ebook and also the font used was interesting to read through. This is for all who statte there was not a well worth reading. I discovered this publication from my dad and i encouraged this pdf to learn.*
*(Felix Lehner Jr.)*

# EMBRACING THE HEART, ENGAGING THE MIND: UNIVERSAL STORIES OF RESILIENCE



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Psychology Etcetera, United States, 2009. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.People do not live to be two or three thousand-years-old, but their stories do. Stories bring us as close to immortality as we can experience in this life. Embracing the Heart, Engaging the Mind: Universal Stories of Resilience (with commentary) offers an array of 65 teaching or wisdom stories from around the world that have been passed down from generation to generation. The stories come from a variety of cultures and traditions including Rabbinical (Jewish), Sufi, Zen, and Christian. They come from Europe, the East, the Middle East, Africa, and the Americas. Each story is followed by commentary which is mostly psychological in nature with some social and spiritual observations. A few of the stories have an historical basis and are modern; however, most are traditional and date back centuries. The Introduction begins, In the beginning, before there were psychologists, consultants, and experts, there were stories. The theme of the book is developing psychological resilience, that is, not only surviving but thriving in spite of facing life obstacles. Some would refer to the theme as positive psychology. Psychological resilience deals with developing personal strengths rather than focusing upon psychological disorders. One who is cited in several stories is a Middle Eastern character, Joha, who is sometimes referred to as Nasrudin. He is a likable fellow of humble origins who is sometimes viewed as naive but can offer creative perspectives and solutions. In one story, Joha sets out on a quest to find the perfect wife. When he finally finds her, he is dispirited to discover that she rebuffs him in that she was seeking the perfect husband. Overview The stories and commentary are organized into nine chapters....

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