



Tears to Triumph: The Spiritual Journey from Suffering to Enlightenment

Marianne Williamson

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The internationally recognized teacher, speaker, and *New York Times* bestselling author of *A Return to Love* argues that our desire to avoid pain is actually detrimental to our lives, disconnecting us from our deepest emotions and preventing true healing and spiritual transcendence.

Marianne Williamson is a bestselling author, world-renowned teacher, and one of the most important spiritual voices of our time. In *Tears to Triumph*, she argues that we—as a culture and as individuals—have learned to avoid facing pain. By doing so, we are neglecting the spiritual work of healing.

Instead of allowing ourselves to embrace our hurt, we numb it, medicate it, dismiss it, or otherwise divert our attention so that we never have to face it. In refusing to acknowledge our suffering, we actually prolong it and deny ourselves the opportunity for profound wisdom—ultimately limiting our personal growth and opportunity for enlightenment. Frozen by denial, we are left standing in the breach. Whole industries profit from this immobility, and while they have grown rich, we have become spiritually poorer.

As Marianne makes clear, true healing and transcendence can only come when we finally face our pain and wrestle with what it has to teach us. Written with warm compassion and profound wisdom, *Tears to Triumph* offers us a powerful way forward through the pain, to a deeper awareness of our feelings, our lives, and our true selves.

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Spent a free time for you to be fun activity to do! A lot of people spent their down time with their family, or all their friends. Usually they undertaking activity like watching television, gonna beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Might be reading a book can be option to fill your free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the reserve untitled Tears to Triumph: The Spiritual Journey from Suffering to Enlightenment can be fine book to read. May be it could be best activity to you.

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