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Kitchen table wisdom free pdf

Kitchen table wisdom: Rachel Naomi Remen, author of Natural Heart Medicine: Healing Story, is an oncologist who shares what she sees and hears when she combines these two stories. History talks about vitality, freedom, how to open a window of heart, blind points of life, etc. Because of Rachel's unique role, she deeply understands that to have health rather than rely solely on the latest drugs and technology, it is necessary for people and people to touch their hearts. And how is it going? Rachel thinks that one way is to share stories from life. One of my favorite stories in this stock book. Rachel has a patient who is a very wealthy businessman. Until he got cancer, he was prone to depression, unless life went his way. Happiness is like a child eating cookies for him. If you can eat cookies, you will be very happy. If you can not eat, life is simply not worth living. This cookie will change, sometimes it's money, power and sex. Sometimes it's sports cars, workplaces and new homes. On the way to recovery from cancer, he found himself like his son. His children are happy when they have cookies, and are unhappy without them. It is only that he is in his 40s and his son is only two and a half years old. He wondered why he didn't realize until mid-time that cookies would not bring him long-term happiness. When you use cookies, you are worried that it will break or be taken away by others. You can also skip the opportunity to taste cookies because you are too busy protecting them. In fact, life has nothing to do with the absence of cookies! Cancer gives him a new experience for the first time, whether his business is good or bad, whether he wins a golf tournament or not, he can be happy. Over the years cancer seems to have asked him: What is the most important thing in your life? It turns out that life is the most important thing! Life is the most important thing! With or without cookies, life is the most important thing. Happiness has nothing to do with the absence of cookies, happiness is due to being alive. After editing, he finally realized that life is a cookie. When I meet my high school classmates, college classmates, the topic is usually inseparable from talking about my cookies, such as whether to buy new toys, electronic products, make their own achievements or favorite team performance, and so on. Sometimes also talk about world events, but less about your stories, experiences and feelings, and understand life. I believe that sometimes when I talk to friends, I am afraid to tell others about my difficulties and the course of my heart, because I am afraid to get into trouble for others, I fear that others are not interested, I am afraid to reveal my weak side to others. This reminds me of when, in early 2015, the Minister of Teaching came to Hong Kong to serve as a training and learning session, and also said that people always like to listen to warehouse assets and bodily wealth how can we lift the miracle of the disappearance of the cancer experience really is a trend, but if you ignore the wealth of the heart, a change of heart, it loses the attention of faith. This language allows us to return to heart, but also learn that all changes are also from the heart. Heart. 羅偉民民國羅徹民民民民(民會民民民民)博士 副民政部民民民 (原載:民民69期) Unabridged Audiobooks! READ YOU RACHEL. Have you missed these? STORIES OF DARK TIMES For those who love stories or keep their hearts alive health care 5 secrets to survive our health care crisis FREE records place to meet together to explore healing; their own and other people's. Treatment is not a work of perfection or competence. We are all doctors. We treat our fullness, humanity, all the experiences of our lives, even wounds. Our own wounds make us tender with the wounds of others and can trust the secret of healing not as a theory, but from a living experience. Our vulnerability connects us with the vulnerability of others in compassionate and loving ways. Treatment is actually a worldview, cosmology.... For the doctor, the world is not corrupted and needs to be determined ... the world is hidden. Everything and everyone has themselves hidden in totality, growth potential, dream about themselves. The doctor reminds people. The doctor makes friends with dreams. The doctor is a dream feeder. Latest from blog admin2016-10-17T03:36:22+00:00Admin2016-10-12T07:35:34+00:00Admin2016-10-03T10:4 6:27+00:00 Admin2016-09-15T23:36:14+00:00 AudiobookAdmin2016-08-03T12:48:57+00:00 JUST RELEASED! Unabridged Audiobooks Read by Rachel - Just Here! New Audio MP3 Download! Kitchen Table Wisdom Read Author Remember what it means to listen to stories when you were young? 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It was in the bookstore and after I read it, and I looked and found that everyone had their child's faces, shiny eyes and an open heart. Reading history aloud has the power to do it. I hope that when you hear these stories, they will become as lively for you as me, and will allow you to put your fingerprints on them, next to me... -Rachel! If you have trouble buying or downloading audio books or audio files, visit Rachel's store topspin media. Topspin manages digital file purchase downloads and processes payments from Rachel's website. If you still have problems after visiting Rachel Topspin's store above, fill out this form and her team member will respond as soon as possible. Comments closed. © 1996-2014, Amazon.com, Inc. or its affiliates 35% discount Slideshare uses cookies to improve functionality and performance, and to provide you with appropriate advertising. If you continue to browse the website, you agree to the use of cookies on this website. Please review our user agreement and privacy policy. Slideshare uses cookies to improve functionality and performance and to provide you with relevant advertising. If you continue to browse the website, you agree to the use of cookies on this website. For more information, please refer to our Privacy Policy and user agreement. Everyone has a story. When I was a kid, people sat around the kitchen tables and told their stories. We don't do that anymore. Sitting at a table telling stories is not just a way of passing time. This is the way wisdom gets passed along. Things that help us live a life are worth remembering. Despite the amazing powers of technology, many of us still do not live very well. We may need to listen to each other's stories again. Most of the stories we are now telling, written by novelists and screenwriters, actors and actresses, stories that have a beginning and an end, stories that are not real. Stories we can tell each other have no beginnings and ends. They are a front row seat in a real experience. Although they may have happened at other times or in place they have a familiar feel. In a way they are about us as well. Real stories will take time. We stopped telling stories when we started losing time, time pause, time reflective, time disguise. Life rushes us together and few people are strong enough to stop on their own. Most often, something unforeseen stops us and only then have time to sit down at the kitchen table of life. Get to know your story and tell it. Listen to other people's stories. Remember that the real world is made only from such stories. Until we stop ourselves or, more often, have stopped, we look forward to certain life events behind us and getting on with our lives. After we stop we see that some life issues will be with us as long as we live. We will pass through them over and over again, every time with a new story, every time with greater understanding until they become dissimilar to our blessings and wisdom. This is how life teaches us how to live. When we don't have time to listen to each other's stories, we look for experts to tell us how to live. The less time we send together at the kitchen table, the more books appear in stores and on our bookshelves. However, reading such books is a very different thing than listening to someone's life experience. Since we stopped listening to each other, we may even have forgotten how to listen, we stopped learning to recognize meaning and fill ourselves from the usual events of our lives. We have become lonely; readers and observers, not shares and participants. The kitchen table is on the same condition. Everyone's story matters. Wisdom in the history of the most educated and most powerful man is often no greater than wisdom in the history of a child, and the life of a child can teach us as much as a wise man. Most parents know how important it is to tell their children their story, over and over again, so that they know who they are and who they belong to. We do this for each other at the kitchen table. Hidden in all one stories. The more we listen, the clearer that the story becomes. Our true identity, who we are, why we are here, who supports us, is in this story. Stories at each kitchen table are about the same things, stories about how to have, hold and lose, stories about sex, power, pain, injury, courage, hope and healing, loneliness and the end of loneliness. Stories of God. By telling them, we tell each other a human story. The stories that touch us in this place of togetherness awaken us and weave us together once again as a family. Sometimes when I ask people to tell their story, they tell me about their accomplishments, what they have gained or built throughout their lives. So many of us don't know our story. The story is about who we are, not about what we did. About what we faced in creating what we built, what we took and risked doing what we felt, thought, feared and discovered events in our lives. The real story that belongs to us alone. All true stories are true. Sometimes when a patient tells me his story, someone in their family will protest. But it didn't happen quite like this, it happened more like this. Over the years I have come to know that the stories both of these people tell me are equally true, equally true, and that none of them can be a true, accurate description of the event much as the video camera could have recorded it. Stories are someone's experience about the events of their lives, they are not events themselves. Many of us experience the same event very differently. We've seen it in its own unique way and the story we're telling has more than a little self. The truth is very subjective. All stories are full of bias and uniqueness, they mix fact with meaning. This is the root of their power. Stories allow us to see something familiar with new eyes. We become a guest at that moment in someone's life, and with them sit at the feet of their teacher. The meaning we can make from someone else's story may differ from the meaning they drew themselves. No matter. Facts make us cognitive, but stories lead to wisdom. The best stories have many meanings; their significance is changing as our ability to understand and appreciate meaning grows. When

reviewing such stories over the years, the question arises as to how it was not possible to see their current meaning all the time without knowing what the future reading might have. Like the stories themselves, all these meanings are correct.

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