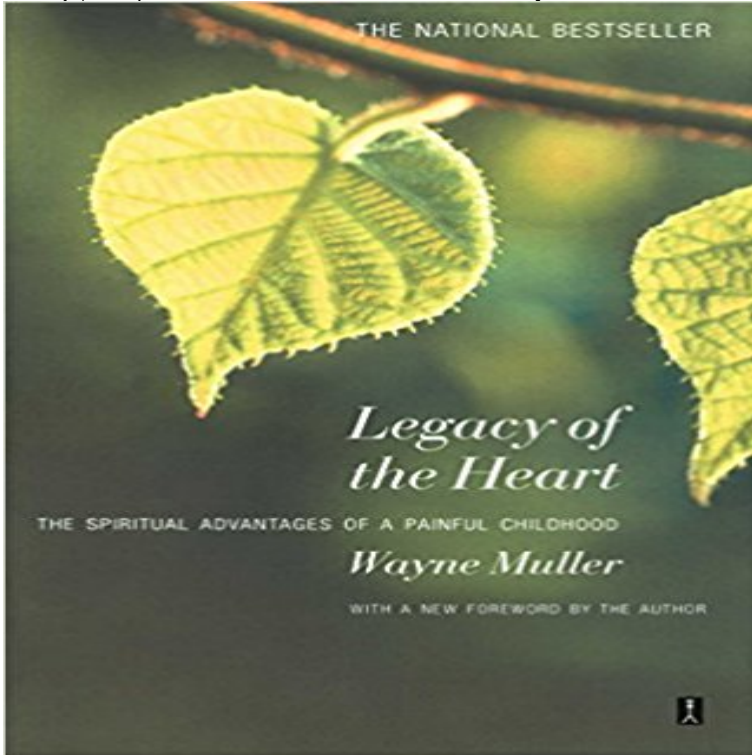


# Legacy of the Heart: The Spiritual Advantages of a Painful Childhood



In celebration of the tenth anniversary of its publication, a reissue of the bestselling classic that is a touching and important book with much to teach us about the redemptive aspects of suffering (Robert Coles, author of *The Spiritual Life of Children*). For almost three decades, Wayne Muller has worked with children and adults to heal their sorrow, helping them discover how their pain can become a powerful source of strength and peace. In this inspiring book, Muller reveals the resilience of the human spirit in the face of sorrow and teaches readers how to recognize and transform the damaging effects of their wounds and rediscover their natural vitality, creativity, and joy. Regardless of the specific nature of their trauma, be it family violence, alcoholism, sexual abuse, illness, or loss, Muller's book has provided countless thousands a path for the awakening of the heart that is psychologically sound and reassuring, yet challenges us at the same time to believe in the possibility of real change. Filled with practical suggestions, this is a book that will bring every reader consolation, comfort, and the courage to seek a more fulfilling way forward.

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