

**Healing Through The Dark Emotions: The Wisdom Of Grief, Fear,  
And Despair**

**By Miriam Greenspan**

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I'm lonely; I don't know who I am.) Find and attend to your spirit. (Healing through the dark emotions: The wisdom of grief, fear, and despair, pp. 161-162.)  
[www.janetbergsgaard.com/philosophy-of-change.html](http://www.janetbergsgaard.com/philosophy-of-change.html)

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There is nothing defective about us because we feel despair, fearful, Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and  
[www.radicallyrelating.com/feelings-nothing-more-than-feelings/](http://www.radicallyrelating.com/feelings-nothing-more-than-feelings/)

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Fear, despair, suffering. Control, manage . Healing through the dark emotions: The wisdom of grief, fear, and despair. Boston: Shambhala

[www.nacsw.org/Convention/PhelpsDTheTransformativeFINAL.pdf](http://www.nacsw.org/Convention/PhelpsDTheTransformativeFINAL.pdf)

author of Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and Despair—emotions, both light and dark, exist not to weaken us

<https://kripalu.org/resources/transformative-power-difficult-emotions>

Healing while meandering through dark emotions / The wisdom of grief, fear, and despair – Sigurd Hoppe. Posted on March 16, 2014 by davidwMarch 16, 2014.

[minneapolisfriends.org/2014/03/.../healing-while-meandering-through-dark-emotions...](http://minneapolisfriends.org/2014/03/.../healing-while-meandering-through-dark-emotions...)

Miriam Greenspan: Healing Through the Dark Emotions—the power of emotional light on the hidden power of the dark emotions: grief, fear, and despair. strength and wisdom that can fuel our spiritual growth and our lives.

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Healing Through the Dark Emotions: the Wisdom of Grief, Fear, and Despair (Shambhala, 2003), a Boston Globe bestseller, won the 2004 Nautilus Award in

[www.huffingtonpost.com/author/miriam-greenspan](http://www.huffingtonpost.com/author/miriam-greenspan)

Quotes taken from the book: “healing through the dark emotions: The wisdom of grief, fear and despair”. August 7, 2010 By Monica Cassani · I once posted an

<https://beyondmeds.com/2010/08/.../from-the-book-healing-through-the-dark-emotio...>

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Journey from Abandonment to Healing (2000) Susan Anderson Healing through the Dark Emotions: The Wisdom of Grief, Fear and Despair (2004)

[www.sandraledennis.com/healing/other-resources-that-might-help/](http://www.sandraledennis.com/healing/other-resources-that-might-help/)

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Healing Through the Dark Emotions by Miriam Greenspan wonderful wisdom on the nature of the dark emotions of grief, despair and fear,

[www.patheos.com/blogs/.../healing-through-the-dark-emotions-by-miriam-greenspan/](http://www.patheos.com/blogs/.../healing-through-the-dark-emotions-by-miriam-greenspan/)

Book Review: Healing through the Dark Emotions In this book Ms. Greenspan guides us in living with our grief, fear, and despair. and don't automatically push it away, then we'll come to place of wisdom and gratitude.

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In her most recent book, Healing through the Dark Emotions: The Wisdom of Grief, Fear, and Despair (Shambhala), she argues passionately that the avoidance

[https://www.thesunmagazine.org/issues/385/through\\_a\\_glass\\_darkly](https://www.thesunmagazine.org/issues/385/through_a_glass_darkly)

points out in her book, Healing Through the Dark Emotions: The Wisdom of Grief, Fear and Despair: Fear is as human as laughter and tears. Though few of us

<https://books.google.com.ua/books?isbn=0898695201>

Healing Through the Dark Emotions: The Wisdom of Grief, Fear, and Despair; Miriam Greenspan; Shambhala: 316 pp., \$23.95. May 28

[articles.latimes.com/2003/may/28/entertainment/et-book28](http://articles.latimes.com/2003/may/28/entertainment/et-book28)

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<https://books.google.com.ua/books?isbn=0834824272>

Healing through the dark emotions : The wisdom of grief, fear, and despair. Published by : Shambhala Publications (Massachusetts USA) , 2003

[library.somaticpsychotherapy.com.au/cgi-bin/koha/opac-detail.pl?biblionumber...](http://library.somaticpsychotherapy.com.au/cgi-bin/koha/opac-detail.pl?biblionumber...)

We have all suffered from the dark emotions of grief, fear, and despair, often wishing for an easy way out. In this book, Miriam Greenspan,

[www.tandfonline.com/doi/full/10.1080/15401380802219492](http://www.tandfonline.com/doi/full/10.1080/15401380802219492)