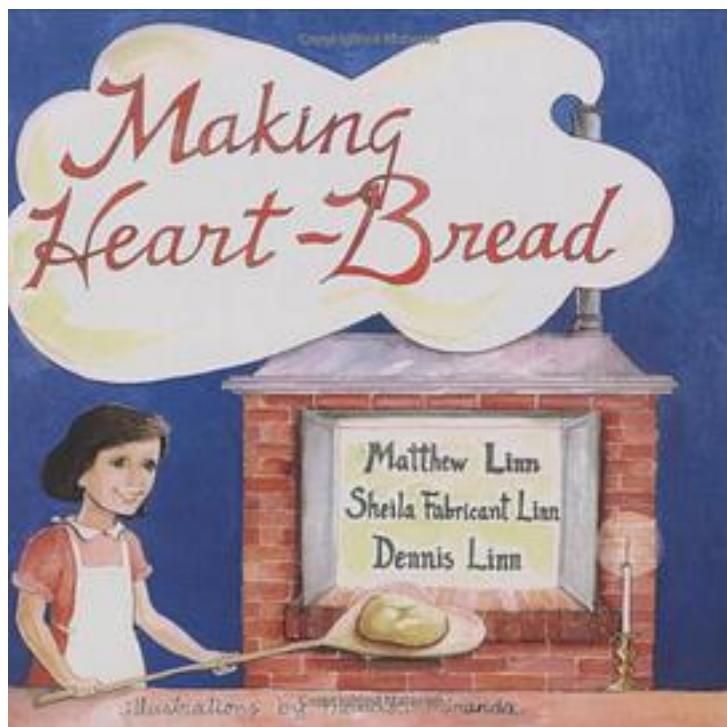


Making Heart-Bread



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Since bestselling authors the Linns began teaching the examen process to families--"asking ourselves, For what moment today am I most grateful? For what moment today am I least grateful?, many parents have returned to tell them how it enabled their children to discern, what they really wanted in life rather than be manipulated by peer pressures to look for happiness in possessions, drugs, etc. These children, for whom reflecting on their daily experience has become a habit through the examen, have grown up to be centered and self-confident leaders who are able to help create a world filled with life. They have also maintained close ties with their parents, perhaps in part because the examen builds a climate of trust and intimacy in which the

most significant events of the day are shared. This new book by the Linns offers adults a way which they could share the experience of the examen process with their children and grandchildren. We hope this children's book based on a true story of what healed traumatized orphans during World Wax II, will help children everywhere to heal their hurts and create a nonviolent world where we can all give and receive life and love. Includes a section for parents and other caregivers at the end to help guide them in supporting their children.

作者介绍:

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标签

灵修

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评论

很短但是很棒的一本书。
适合读给小朋友听，也适合自己读。不单单是一个故事，是爱的练习。

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书评
