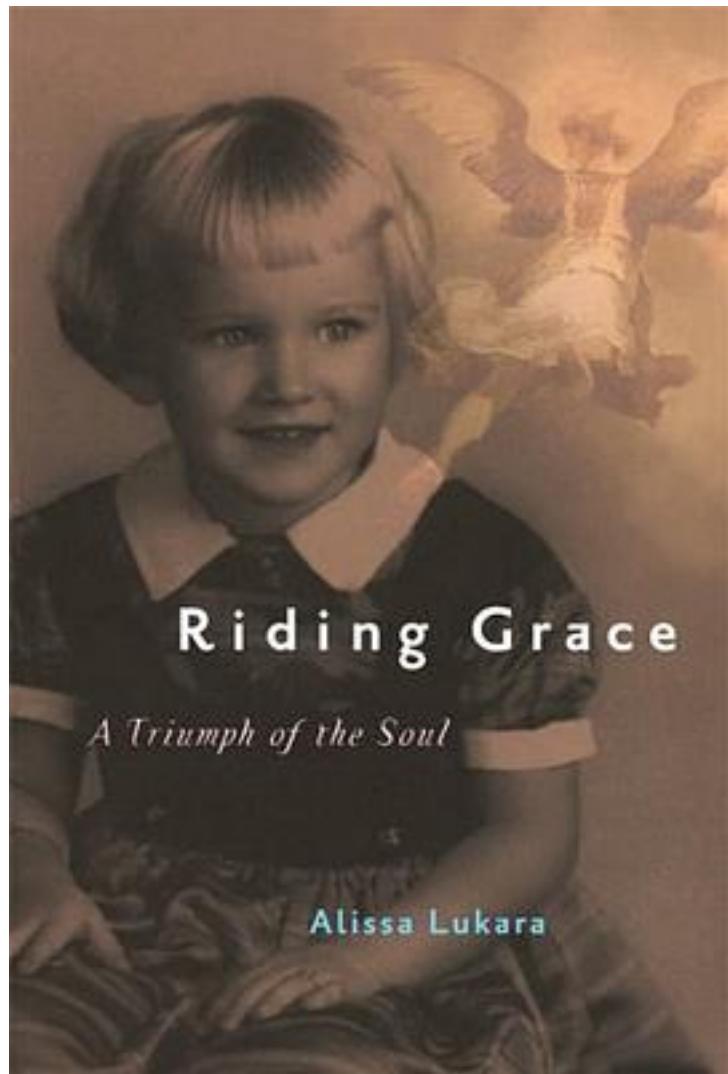


Riding Grace



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著者:Lukara, Alissa

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"Riding Grace: A Triumph of the Soul" chronicles author Alissa Lukara's no-holds-barred 12-year quest to reclaim her life from a debilitating, presumably incurable illness, Chronic Fatigue Syndrome, and the trauma of childhood sexual abuse. In this raw descent into and out of the dark night of the soul, she renders the unspeakable in a bold, lyrical voice. She learns to accept the unacceptable and open herself to healing and renewal. Hers is a true heroine's journey for the 21st century. Lukara explores uncharted frontiers of wellness and realms of existence, and navigates the void where life and identity "as she knew them" cease to exist. She breaks through denial, upends ancestral patterns, and uncovers powerful truths, which she shares in this book. With forgiveness, compassion, and poetic vision, she finally embraces the larger meaning and purpose of her journey. "Riding Grace" offers the gifts of hope, endurance, and inspiration. It gives readers permission to dive deep into their own shadows to find new, nurturing, loving ways of living in the world.

作者介绍:

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