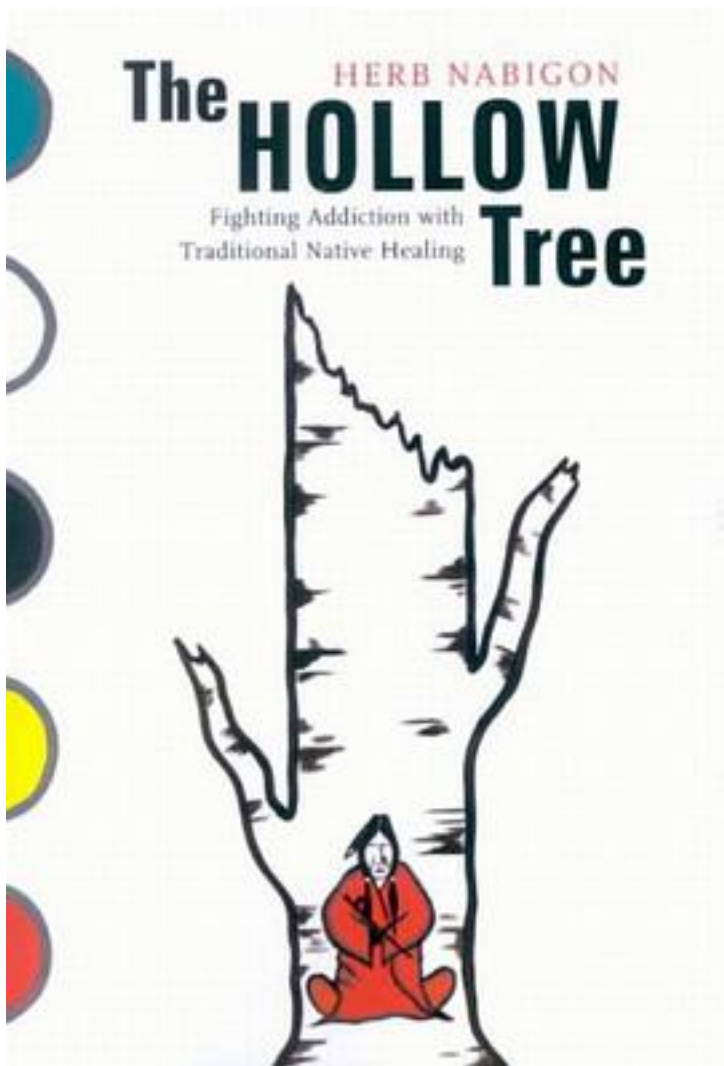


# The Hollow Tree



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著者:Nabigon, Herb

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Before discovering native healing methods, Herb Nabigon could not imagine a life without alcohol. His powerful autobiography, "The Hollow Tree", tells the story of his struggle to overcome addiction with the help of the spiritual teachings and brotherly love of his elders. Nabigon had spent much of his life wrestling with self-destructive impulses, feelings of inferiority and resentment, and alcohol abuse when Eddie Bellerose, an Elder, introduced him to the ancient Cree teachings. With the help of healing methods drawn from the Four Sacred Directions, the refuge and revitalization offered by the sweat lodge, and native cultural practices such as the use of the pipe Nabigon was able to find sobriety.

作者介绍:

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