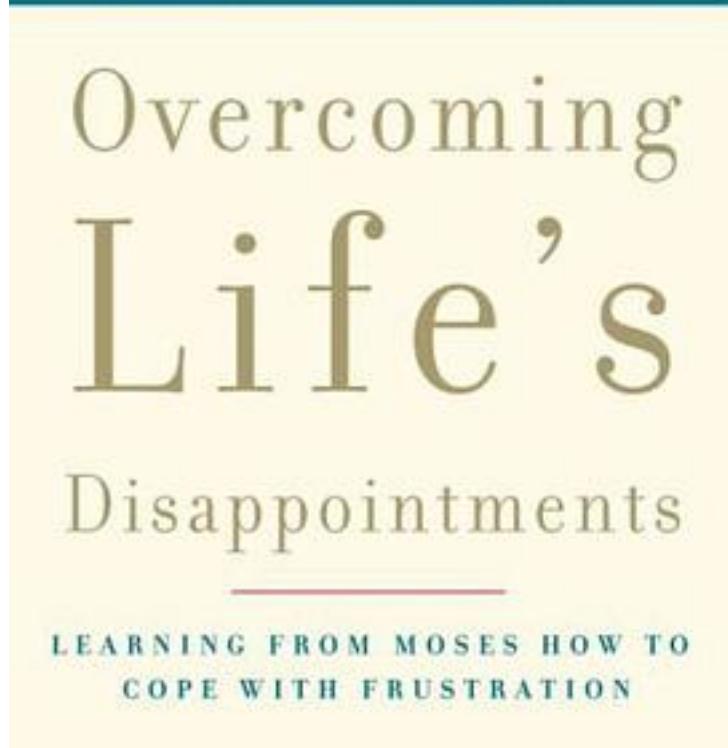
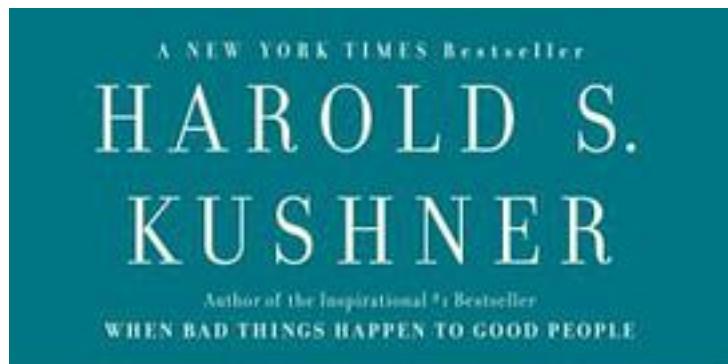


# Overcoming Life's Disappointments



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著者:Kushner, Harold S.

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From Harold S. Kushner, the author of When Bad Things Happen to Good People, a book that shows us how to be our best selves even when things don't turn out as we had hoped—that is, how we can overcome life's disappointments.

Kushner turns to the experience of Moses to find the requisite lessons of strength and faith. Moses towers over all others in the Old Testament: he is the man on the mountaintop to whom God speaks with unparalleled intimacy, and he leads his people out of bondage. But he is also deeply human, someone whose soaring triumphs are offset by frustration and longing: his people ignore his teachings, he is denied entrance to the Promised Land, his family suffers. But he overcomes.

From the life of Moses, Kushner gleans principles that can help us deal with the problems we encounter. Through the example of Moses' remarkable resilience, we learn how to weather the disillusionment of dreams unfulfilled, the pain of a lost job or promotion, a child's failures, divorce or abandonment, and illness. We learn how to meet all disappointments with faith in ourselves and the future, and how to respond to heartbreak with understanding rather than bitterness and despair.

This is a book of spiritual wisdom—as practical as it is inspiring.

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