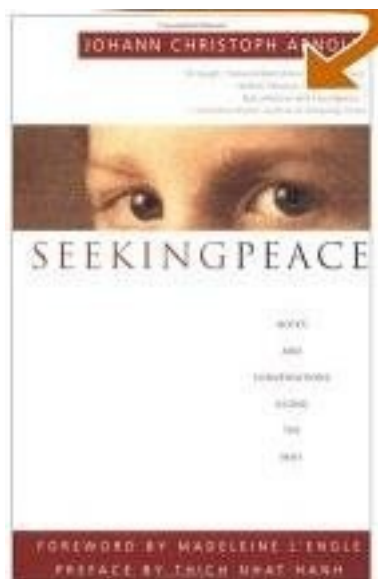


# Seeking Peace



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著者:Pipher, Mary

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"An absorbing chronicle of discovery" from the life-changing #1 New York Times bestselling author of *Reviving Ophelia* .

After decades as a psychotherapist, Mary Pipher now turns her attention to herself, collecting insights from her own life to illuminate the importance of one's life journey-not just the destination. As a wife, mother, and therapist, Pipher sought to learn about the world and help others. But after the surprising success of *Reviving Ophelia* , she found herself overwhelmed by the demands on her time and attention. In 2002, she suffered a breakdown. Pipher realized that success and fame were harming her, and she needed a quieter, more meditative life that would carry her toward self-acceptance and joy. In *Seeking Peace* , she tells her own remarkable story, and in the process reveals truths about everyone's search for happiness and love.

作者介绍:

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评论

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书评

自序  
且让我实话直说，我不是以内在平静专家的身份来写这本书，这也不是一个曾经登上顶

峰的人，在给一些明智的建议。我的权威并非得自我是一个轻松快乐的人，而是因为我一  
声都在追求平静与快乐。笔者的身份，是个终生花大量时间在向自己和别人泼冷水的人。  
我对内在平静的了...

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