



# **Tears to Triumph: The Spiritual Journey from Suffering to Enlightenment**

*Marianne Williamson*

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## **Tears to Triumph: The Spiritual Journey from Suffering to Enlightenment** Marianne Williamson

The internationally recognized teacher, speaker, and *New York Times* bestselling author of *A Return to Love* argues that our desire to avoid pain is actually detrimental to our lives, disconnecting us from our deepest emotions and preventing true healing and spiritual transcendence.

Marianne Williamson is a bestselling author, world-renowned teacher, and one of the most important spiritual voices of our time. In *Tears to Triumph*, she argues that we—as a culture and as individuals—have learned to avoid facing pain. By doing so, we are neglecting the spiritual work of healing.

Instead of allowing ourselves to embrace our hurt, we numb it, medicate it, dismiss it, or otherwise divert our attention so that we never have to face it. In refusing to acknowledge our suffering, we actually prolong it and deny ourselves the opportunity for profound wisdom—ultimately limiting our personal growth and opportunity for enlightenment. Frozen by denial, we are left standing in the breach. Whole industries profit from this immobility, and while they have grown rich, we have become spiritually poorer.

As Marianne makes clear, true healing and transcendence can only come when we finally face our pain and wrestle with what it has to teach us. Written with warm compassion and profound wisdom, *Tears to Triumph* offers us a powerful way forward through the pain, to a deeper awareness of our feelings, our lives, and our true selves.

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In this era which is the greater individual or who has ability to do something more are more important than other. Do you want to become one among it? It is just simple method to have that. What you are related is just spending your time almost no but quite enough to enjoy a look at some books. Among the books in the top checklist in your reading list is usually Tears to Triumph: The Spiritual Journey from Suffering to Enlightenment. This book that is certainly qualified as The Hungry Inclines can get you closer in turning into precious person. By looking upwards and review this reserve you can get many advantages.

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