

TEARS *to* TRIUMPH

WRITTEN AND READ BY
MARIANNE WILLIAMSON

“A life of spiritual triumph is not one in which we never fall into a deep, dark valley; it is one in which, if and when we do fall, we’ve learned how to get ourselves out of it. We need emotional muscles in order to rise up emotionally, just as we need physical muscles in order to rise up physically. And developing those muscles takes work. It is the work of enlightenment, the inner work of the soul.”

—MARIANNE WILLIAMSON

In each and every one of our lives, we will experience suffering. This is not a new problem. It is ageless. What is new is our failure to respond to it.

Bestselling author, speaker, and activist Marianne Williamson helps us rediscover religious principles for dealing with and transcending our suffering. Many people today experience the emotional pain of depression, relational trauma, and grief without the knowledge of how to deal with them and find healing. As a culture and as individuals, we have neglected the spiritual work of facing and moving through our pain to find true healing. Instead, we numb our pain, medicate it, or deny it. As Williamson explains, in avoiding our pain, we avoid our growth. She offers an opportunity to transform our pain through spiritual healing. By turning to the wisdom of ancient spiritual teachers such as the Buddha, Moses, and Jesus, we can redirect our suffering so it becomes an opportunity for healing and enlightenment.

Miracles begin when we start the healing process of listening to what our pain has to teach us. Only in this way can we move from tears to triumph and become deeper, happier, and wiser as a result.

MARIANNE WILLIAMSON is an internationally acclaimed author, speaker, and activist. Six of her ten published books have been *New York Times* bestsellers. Her books include *A Return to Love*, *A Year of Miracles*, *The Law of Divine Compensation*, *The Gift of Change*, *The Age of Miracles*, *Everyday Grace*, *A Woman’s Worth*, *Illuminata*, and *A Course in Weight Loss*. She has been a popular guest on television programs such as *Oprah*, *Good Morning America*, and *Charlie Rose*.

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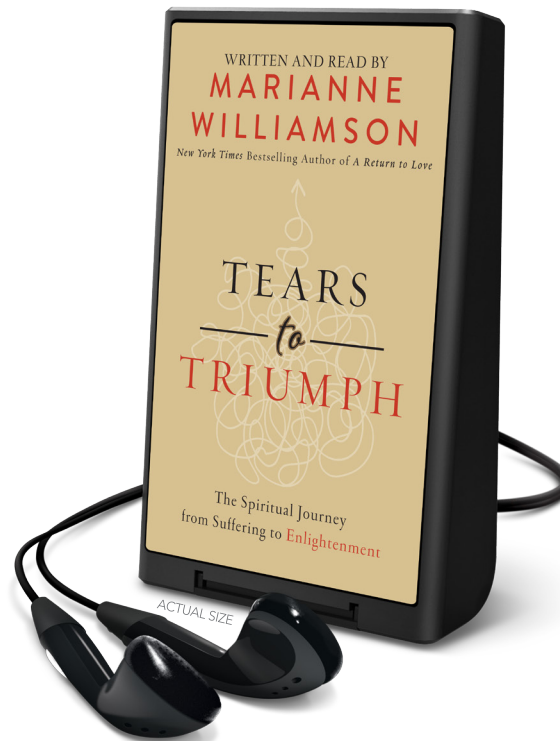
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