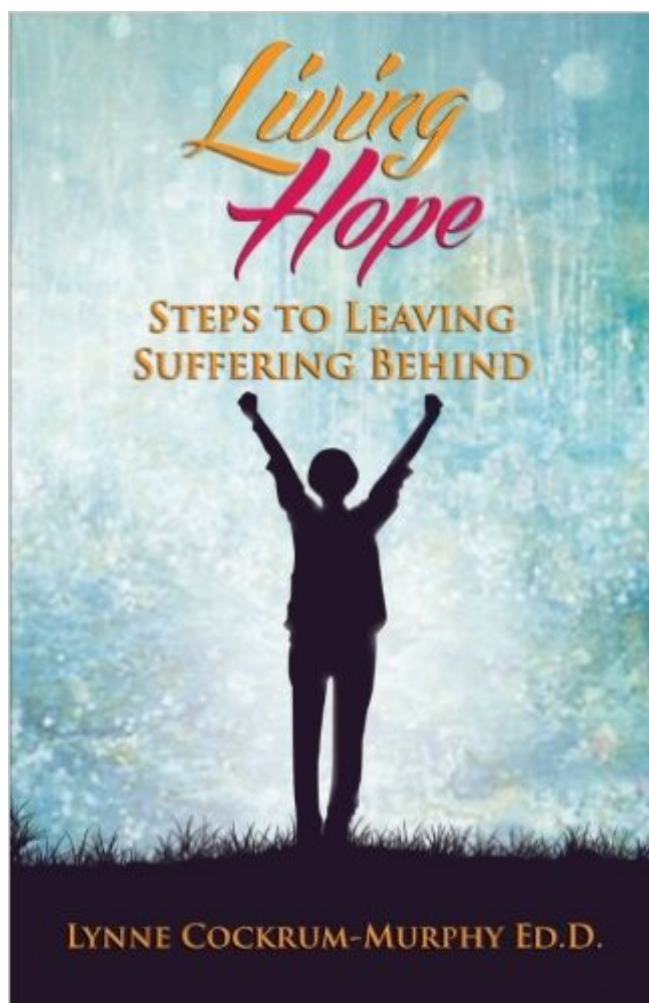


The book was found

# Living Hope: Steps To Leaving Suffering Behind



## Synopsis

A short but powerful true story of loss, starting with a house fire that killed Lynne Cockrum-Murphy's sisters and father and left her badly burned when she was just 30 months old, and follows the life that grew out of that tragedy. Instead of giving in to a family history of dysfunction she writes about dealing with loss, family alcoholism and chaos, an eating disorder and shows that there is a way to move beyond the events of the past.Â Interwoven in the story are actions, steps, tools and even a reading and movie list to help you move forward into a life filled with spirituality, meaning and purpose. The story is a model of hope, action and success.

## Book Information

Paperback: 128 pages

Publisher: Sojourn Publishing (September 12, 2015)

Language: English

ISBN-10: 1627471472

ISBN-13: 978-1627471473

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 8.3 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (9 customer reviews)

Best Sellers Rank: #1,879,198 in Books (See Top 100 in Books) #66 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology #266 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #124965 inÂ Books > Self-Help

## Customer Reviews

I have the privilege of knowing Lynne. She is warm, kind, empathetic, and wholehearted. Reading her book and learning her life story, I was moved that someone who is so authentic and whole could face so much tragedy, and endure. I cannot begin to describe what she endured without feeling a surge of sympathy and frustration -- and awe. Certainly, Living Hope lives up to its title. That said, I expected a self-help book. If you are looking for something with detailed action steps about how to â œcureâ • or â œfixâ • your own emotional or spiritual challenges, this is not that. The book is not a how-to guide. It is, however, a guiding light. If you seek proof that suffering can be endured, and that there is a path out of pain (though it may be long and arduous), then this book will offer you something. She mentions where to look for guidance in books, films, and online, but ultimately shows that the greatest guide for your own healing is yourself. She used her own life experiences -- especially those that harmed her -- to become an example to others. Pain taught her empathy,

violence taught her forgiveness, and generosity taught her the power of karma. I certainly wish that for all of us. Living Hope, moreover, offers a vision of what a healed life can look like. It is not some impossible spiritual ideal, requiring you to go off to some temple or radically change your life. Lynne shows, through the grace of her writing and the warmth of her presence, that healing is a long, baby-step process that can be done right now. She is further along that path than I am, so for this reader, she is an example of what life could be, whole, down the line. I'll also add my note that I did not read this book through the eyes of a teacher or a storyteller.

[Download to continue reading...](#)

Hacking: Tapping into the Matrix Tips, Secrets, steps, hints, and hidden traps to hacking: Hacker, Computer, Programming, Security & Encryption Why Suffering?: Finding Meaning and Comfort When Life Doesn't Make Sense Touching Heaven: A Cardiologist's Encounters with Death and Living Proof of an Afterlife Sent Leader Guide: Delivering the Gift of Hope at Christmas (Sent Advent series) Sent DVD: Delivering the Gift of Hope at Christmas (Sent Advent series) Whatever the Cost: Facing Your Fears, Dying to Your Dreams, and Living Powerfully PHP: MYSQL 100 Tests, Answers & Explanations, Pass Final Exam, Job Interview Exam, Engineer Certification Exam, Examination, PHP programming, PHP in easy steps: A Beginner's Guide PHP: MySQL in 8 Hours, For Beginners, Learn PHP MySQL Fast! A Smart Way to Learn PHP MySQL, Plain & Simple, Learn PHP MySQL Programming Language in Easy Steps, A Beginner's Guide, Start Coding Today! Searching for Sunday: Loving, Leaving, and Finding the Church How To Podcast 2015: Four Simple Steps To Broadcast Your Message To The Entire Connected Planet - Even If You Don't Know Where To Start The Church in Exile: Living in Hope After Christendom Animated Storytelling: Simple Steps For Creating Animation and Motion Graphics Living Free: Learning to Pray God's Word, Revised (Member Book) (Bible Study) Foundations of Catholic Social Teaching: Living as a Disciple of Christ (Encountering Jesus) Mac Basics in easy steps Starting a Successful Blog when you have NO CLUE! - 7 Steps to WordPress Bliss... (A SassyZenGirl Guide) (Volume 1) If These Jewels Could Talk: The Legends Behind Celebrity Gems iPad for Seniors in easy steps: Covers iOS 9 iPad for Seniors in easy steps: Covers iOS 8 The Rawsome Vegan Cookbook: A Balance of Raw and Lightly-Cooked, Gluten-Free Plant-Based Meals for Healthy Living

[Dmca](#)