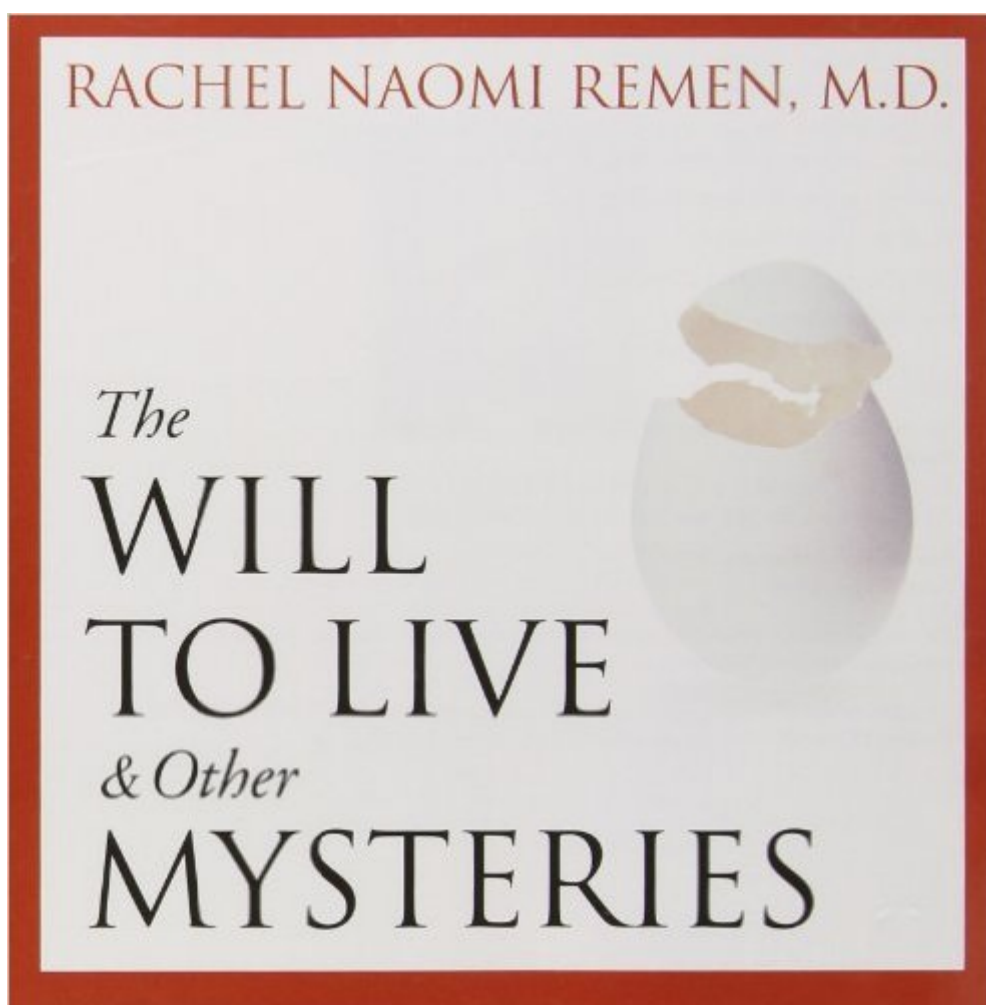


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# The Will To Live And Other Mysteries



## Synopsis

"Life is best defined not by science, but by mystery," teaches Dr. Rachel Naomi Remen. Now, the beloved "healer of the heart" probes the universal experience of the unknown that can come in times of crisis. Join this master storyteller as she shares compelling front-line stories of people who opened to mystery and found healing. Complete with step-by-step exercises that Dr. Remen recommends to her own patients.

## Book Information

Audio CD

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #359,010 in Books (See Top 100 in Books) #53 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #183 in [Books > Books on CD > Health, Mind & Body > General](#) #581 in [Books > Books on CD > Religion & Spirituality > General](#)

## Customer Reviews

Dr Rachel Naomi Remen has years of experience as an accomplished physician, but I feel her greatest success is as a thoughtful observer of human nature. Struggling with Crohn's disease and surviving long past predictions, she sees life from both sides of a medical question...patient and healer...and merges them for a brilliant perspective of how medicine should be practiced but seldom is. It makes me wonder...if she had never gotten Crohn's and married and had children...a very different path..we all may have missed her wisdom gained from a single dedicated life. Since I first read her 1996 *Kitchen Table Wisdom*, I have sent her telepathic blessings for her humor, insight, and the life she has led. All of her works are warm and touching memories from childhood through till today, as woman, teacher, and physician, and should be required reading for anyone in the health professions. I can't recommend her works highly enough. I bought this cd because I wanted to hear her voice...I wasn't disappointed.

I am a physician who sees the same mystery this woman speaks of. You will encounter it if you look

for it. What a gift she has given to us to speak so eloquently about this topic.

This book has profound meaning . In a time when shallow lives and superficiality are epidemic , this book leads us to the depth of heart that seem so missing,in our culture .

Rachel Naomi Remen is a transcendent, open hearted, simple and direct writer. She tells stories of the many people she has listened to as a doctor/consultant/therapist, though she is not a standard therapist. She includes her own stories of ill health and pain as well as memories of her Jewish grandfather who was visionary and loving. Each story is brief, some a few pages, rarely more. Her patients vary, dealing with a blend of emotional and physical, and some are dying and know it. The honesty and openness are a relief. There is a closeness and warmth and vulnerability that are rare. Her writings are a treasure to be read and shared. There's no phoniness here. It's all real.

Rachel Naomi Remen has a way of touching the heart and soul of our being.Anyone who is facing a chronic illness as well as their family members should listen to this CD

Dr Remen is always inspiring and that's no exception here. She evens laughs a little whilst reading the anecdotes. She was rather 'dour' in the audio of 'Kitchen Table Wisdom'. Nonetheless, both books are truly worth having in ones library. I go back to them again and again.

This audio cassette adds to the same author's book, "Kitchen Table Wisdom: Stories that Heal". It has the same message with the added advantage of hearing the author's voice, which makes owning both cassette and book a good idea. Almost all the cassette's stories are new; they are not in the book. I first read the book, which is so good I bought the cassette.Both cassette and book suggest that the will to live is a power in itself, in which one encounters one's true self. She shows that this is a transformative experience whether or not one lives through the struggle not to die. The author terms this experience a healing. She indicates that the will to live probably sometimes affects the outcome of the struggle to live. Both are largely the stories of many different people, along with some reflections of her own. She herself has lived through a life-threatening chronic illness most of her long life. She is a medical doctor. I highly recommend it and the cassette.

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