

# Finding Hope And Meaning In Suffering - , Trystan Owain Hughes

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Everyone suffers at some time or other its simply a part of life. But however bad things seem, we are never completely helpless. For the deeply affirming truth is that we can choose how to respond to adverse circumstances. Trystan Owain Hughes suggests that learning how to suffer and how to wait patiently may be the secret of finding joy in our lives. Diagnosed with a degenerative spinal condition, he was surprised to discover that, instead of increasing his unhappiness, it spurred him on to seek out sources of hope and meaning. The book opens by encouraging us to take a step back from our anxieties and worries and rest in the love of God. We then explore five areas where that love may be found in the midst of pain: in nature, memory, art, laughter and other people. By becoming conscious of the echoes of the transcendent in these areas, we will gain new strength. And paradoxically, through facing our suffering, learn to truly live. Author: Hughes , Trystan Owain Author: Owain Hughes, Trystan Publisher: SPCK Illustration: N Language: ENG Title: Finding Hope and Meaning in Suffering Pages: 00128 (Encrypted EPUB) On Sale: 2012-04-10 SKU-13/ISBN: 9780281062492 Category: Religion : Christian Life - Spiritual Growth Category: Religion : Spirituality - General

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