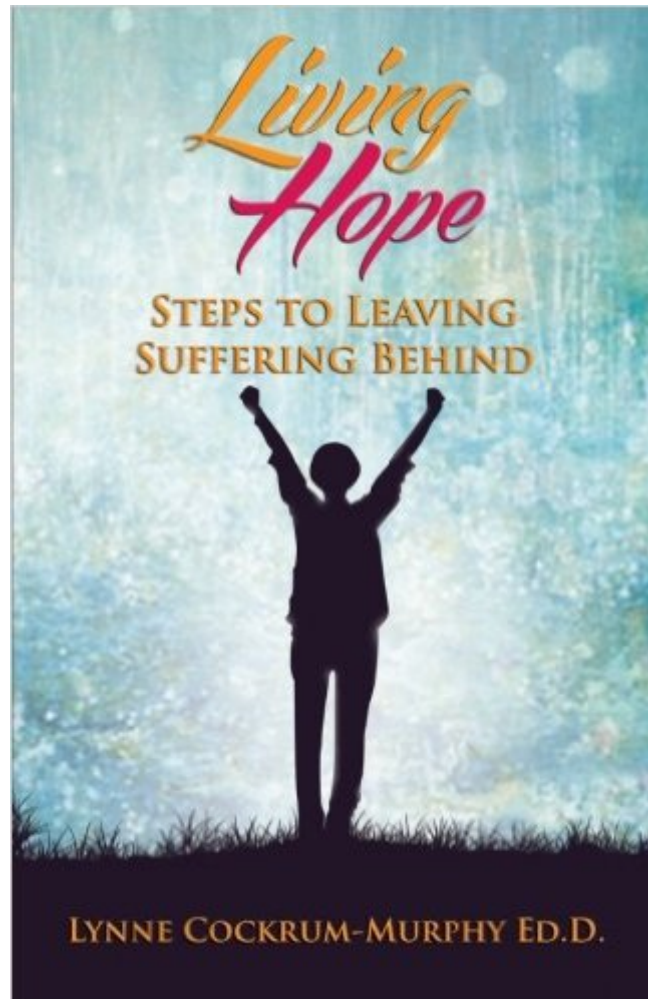


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# Living Hope: Steps To Leaving Suffering Behind



## 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. 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

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Average Customer Review: 4.8 out of 5 stars See all reviews (9 customer reviews)

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

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