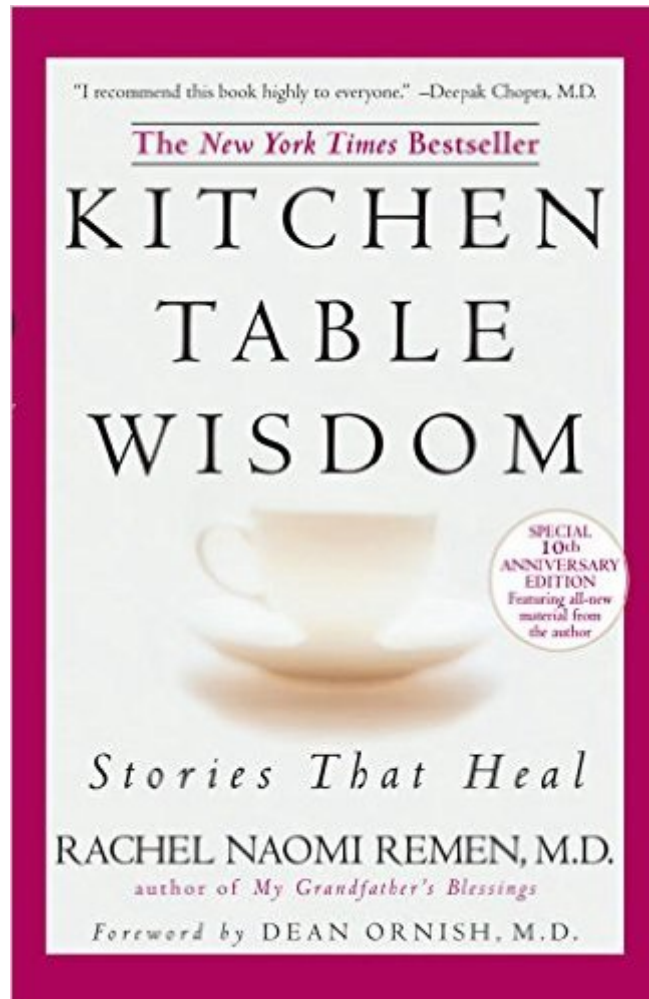


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# Kitchen Table Wisdom: Stories That Heal, 10th Anniversary Edition



## Synopsis

"I recommend this book highly to everyone." --Deepak Chopra, M.D. This special updated version of the New York Times-bestseller, *Kitchen Table Wisdom*, addresses the same spiritual issues that made the original a bestseller: suffering, meaning, love, faith, and miracles. "Despite the awesome powers of technology, many of us still do not live very well," says Dr. Rachel Remen. "We may need to listen to one another's stories again." Dr. Remen, whose unique perspective on healing comes from her background as a physician, a professor of medicine, a therapist, and a long-term survivor of chronic illness, invites us to listen from the soul. This remarkable collection of true stories draws on the concept of "kitchen table wisdom"-- the human tradition of shared experience that shows us life in all its power and mystery and reminds us that the things we cannot measure may be the things that ultimately sustain and enrich our lives.

## Book Information

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Average Customer Review: 4.8 out of 5 stars Â Â See all reviewsÂ (325 customer reviews)

Best Sellers Rank: #7,519 in Books (See Top 100 in Books) #19 inÂ Books > Cookbooks, Food & Wine > Cooking Education & Reference > Essays #20 inÂ Books > Biographies & Memoirs > Professionals & Academics > Culinary #32 inÂ Books > Biographies & Memoirs > Professionals & Academics > Medical

## Customer Reviews

Rachel Naomi Remen fittingly dedicated her extraordinary book "Kitchen Table Wisdom" to "everyone who has never told their story." Remen, a physician and counselor, says stories "heal when they are more about who we are, not what we have done. About what we have faced to build what we have, what we have drawn upon and risked to do, what we have felt, thought, feared and discovered through the events of our lives." And about where the love that has sustained us comes from. Remen shows through her own story living with Crohn's disease how suffering and helplessness helped her to connect more deeply with others and live with an open heart. Her illness

included being in a coma after a massive bleed in her mid teens, having her large intestine surgically removed and having to wear an ileostomy, and years of intensive therapy with toxic drugs. She says her experience taught her that at the heart of intimacy is vulnerability. When we see a matching vulnerability in another we know we will not be judged. That we are all more than we know and that wholeness is never lost, it is only forgotten. Her inspiring stories illustrate that the purpose in life is to grow in wisdom and love. How perfection is a booby prize. What is needed is simply to be human. How we sometimes trade wholeness for approval from others. How the way we see another may easily become the way in which we see ourselves. How "broken" is only a stage in a process. How the healing of suffering is compassion not expertise. How the healing of our woundedness lies in reclaiming our capacity to heal others through touch, forgiveness and acceptance. That anger only becomes a problem when we become wedded to it. How fear of losing things we possess end up possessing us.

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