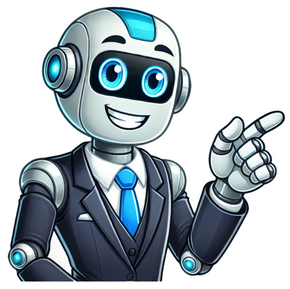
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This is how you heal

When You're Ready to Heal, This Is What HappensThought Catalog Books Image not available forColour: To view this video download Flash Player Healing is a process that unfolds over time, often triggered by a significant loss or disruption. However, true healing involves acknowledging and releasing past patterns, allowing us to rediscover our authentic selves. In "When You're Ready, This Is How You Heal," Brianna Wiest offers 45+ new essays that guide readers in finding their inner strength and embarking on a path of transformation. Wiest's words are a comforting presence for those navigating their own growth. The book is not meant to be devoured quickly; instead, it invites readers to slow down, reflect, and absorb the wisdom within. Each chapter is like a gentle pep talk, encouraging us to reframe our experiences and emotions in a more positive light. If you're struggling to cope with change or loss, this book offers a wealth of insights and guidance. Wiest's writing excels at helping us see things from a new perspective, making it an invaluable companion for anyone on their healing journey.This text is a paraphrased version of the original, maintaining the same tone and essence while rephrasing certain sentences to improve clarity and flow.When embracing life's imperfections, you're more likely to discover new possibilities and experiences. Uncertainty can be a catalyst for growth. "Life is too short to stay stagnant" as the author reminds us.Healing from emotional wounds requires self-reflection, acceptance, and compassion. The book offers practical guidance on how to navigate this journey. It encourages readers to explore their emotions and develop healthier coping mechanisms.The author's writing style is clear and accessible, making it easy to connect with her words and concepts. The book provides a roadmap for self-discovery and personal growth, empowering listeners to take ownership of their healing journey.Brianna Weist's book, while well-intentioned and offering practical guidance for healing and personal growth, fell short for the reviewer due to a lack of authenticity and experience. The reviewer believes that authors who write about self-help and healing need to have overcome significant hardships to earn the trust of their readers. They felt that Brianna Weist's approach was egocentric and short-sighted, particularly when compared to other authors who have experienced trauma and adversity firsthand.The reviewer notes that while they appreciate Weist's intentions, her guidance came across as hypocritical and insincere. They argue that without a deeper understanding of the author's personal experiences, it is unfair to dismiss their work with a low rating. The reviewer's criticism stems from their desire for authors to be honest about their own limitations and biases when offering advice.In contrast to Weist, the reviewer cites examples of authors who have authentically and humbly written about their experiences with trauma, addiction, and other challenges. These authors include Suleika Jaouad, Toni Morrison, Maya Angelou, and others who have earned the trust of their readers through their vulnerability and honesty.to millions who have been captivated by her mystique, perceived wisdom, and "old soul" qualities. In my view, the most reliable guides to overcoming challenges are individuals who've navigated similar paths before you those with scars from their own experiences. We're bombarded with wellness gurus, health experts, spiritual leaders, and others offering solutions en masse. Before taking advice from anyone, I check if they've wrestled with their own questions. As stated earlier, West can write; it'd be great if she experimented with another genre or sub-genre. Her gift for words is evident. Not everyone will agree: that's the beauty of reading and literary criticism diversity.this book was one of those reads where I couldn't devour it quickly enough because I wanted to savor each chapter's lessons. I'd 10/10 recommend this book, even if you think "why would I need to read this? I have no wounds to heal from." This book will surprise you.Remember when everyone raved about "Girl, Wash Your Face"? And then you read it and thought, "what is this Karen, white woman, pretentious nonsense?" It's kinda like that fluffy and superficial.Brianna West is a mindfulness writer addressing spirituality, emotional intelligence, and self-awareness. At 30, she's wise beyond her years. Mindfulness books aren't for everyone self-help books aren't for everyone but we all have emotions, joys, hurts, thoughts, and judgments.For me, these types of books are like taking my car in for a service I benefit from them, as they reinforce things I've already been practicing and deepen my understanding of myself. This book allowed me to examine my relationships, values, strengths, weaknesses, barriers, resistance to change, take risks, and grow.I found this book valuable, relevant, wise, listenable, accessible, and enjoyable. Quotes like "Let go of loving people who are not in a place to love you back" resonated with me. Thank you Rowan for bringing this book to my attention!THE MAGICAL QUALITY THIS BOOK POSSESSES. It's as if I want to highlight every word and embed it into my mind.Thought Catalog is my favorite platform ever, and "life saver." non-fiction, physically ownedThis book seems like a typical example of harmful social media posts or posters with some inspirational words meant to motivate people during the day. It feels contrived and empty. Despite this, I felt inspired after reading it, as it gave me a lot to think about. I even marked around 70 fragments that stood out to me. I recommend it, especially for those who may need something like this to read, think, and understand... I'm not a fan of stereotypical self-help books, but this one didn't follow that pattern. Instead, it offered words of hope and comfort. It was like a journal to me, which is interesting because anyone can buy and read this book, but the fragments I marked still resonated with me. I realized that no matter what's happening, I must take care of myself because only I have my own back until the end. This book is something good (Note: The original text contains multiple reviews and comments from different people, which are not included in this paraphrased version.)this book might interest you even if you have no prior experience with meditation or mindfulness it simply states things over and over again throughout the entire bookive been familiar with brianna wiests work for some time now but when youre ready this is how you heal hit differently than her other essays with me its mainly due to personal reasons and its true that people say you should read this book in the right moment yet you shouldnt wait instead read it and figure out what parts resonate with you because there will be things that speak to you make you think and inspire you to take matters into your own handsi love brianna wiests work because her essays feel like a conversation with her theyre written beautifully and digestibly they touch you leave an impression and inspireanother reason i loved this book is that while reading every essay this time around i know for sure ill come back for certain ones at different phases of my lifei know non-fiction isnt everyones cup of tea but brianna wiests books dont feel like traditional non-fiction theyre more like a friend helping you figure out life listening to your ramblings and telling you everything will turn out finethis book helped me ground myself whenever i felt down i wasnt doing well since september it took a toll on my daily life i can admit why i gave this 3 stars instead of 5 is that some chapters felt too long or too short more insight would have been bettermy goal is to look at myself next year and tell myself ive done well this book will serve as reminders when i need them to keep pushing forward this book is beyond comforting i know ill go back to it and read through all my highlights if youre going through a breakup or weird place in life highly recommend this book it gave me a new perspective on things and i loved itif i had to recommend one self-help book for the rest of my life it would be this one please read itGiven text here When You're Ready: A Self-Help Book ReviewFor many, this book is a constant companion during difficult times, offering solace and direction. It's not meant to be read like a novel, but rather as a trusted friend that provides guidance when needed.The author emphasizes the importance of facing discomfort to discover one's authentic self, free from attachment to past events and identities. The book delves into practices for cultivating self-awareness, self-acceptance, and self-love, laying the groundwork for lasting change.Others have found this book to be a transformative experience, with some even crying during its pages. While some critics have labeled it as "useless" due to its lack of scientific references, many readers have found it to be a valuable resource for personal growth.

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