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Autore	Moore Melissa G (Melissa Grace)
Titolo	Whole : how I learned to fill the fragments of my life with forgiveness, hope, strength, and creativity // Melissa Moore, Michele Matrisciani
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ISBN	1-62336-745-X
Descrizione fisica	1 online resource (182 pages) : illustrations
Collana	Guide to Self-Repair
Classificazione	SEL021000FAM013000SEL023000
Disciplina	616.8521
Soggetti	Post-traumatic stress disorder - Treatment Psychic trauma - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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Nota di bibliografia	Includes bibliographical references.
Sommario/riassunto	"When Melissa Moore was 13 years old, her father said to her, "I know how to kill someone and get away with it." At the time she chalked it up to his love of detective novels, but it didn't change the fact that her father had always been someone who made her anxious. Two years later, in 1995, Melissa's father was arrested for the murder of 8 women over a period of 5 years he was the serial killer known nationally as The Happy Face Killer. The pain, trauma, and shame that followed her father's conviction could have left irreparable damage, but Melissa, now the host of LMN's Monster in My Family, has spent the following decades pursuing a path of healing. WHOLE is the culmination of Melissa's years of research, interviews, and personal experience: A step-by-step program to heal from trauma and live a full life no matter what or who is in your past. Melissa spells out actionable steps for moving through the five stages of healing after a painful experience: Watch the Storm (avoiding reactivity) Heal your Heart (forgiveness as action) Open your Mind (creativity in finding solutions) Leverage your Power (using your pain to fuel your momentum) Elevate your Spirit (paying forward gratitude, positivity, and love) In each phase of the program, Melissa inspires you how to embrace your past to find your own wholeness within your "broken" life. If you are stuck in the rut of a

painful experience whether by depression, trauma, pain, fear, addiction, or guilt you will find comfort in this book's advice, self-evaluation, and action plans. WHOLE blends together prescriptive advice with personal story and the result is a safe-zone for you to find your own path toward healing, happiness, and health."--
